



Jerry Clay Academy Subject Unit Overview

Subject: PE – Games

Year Group: Year 1 **Term:** Autumn/Spring/Summer

Core Learning of This Unit:

- Use basic underarm rolling and hitting skills.
- Sometimes use overarm skills.
- Intercept, retrieve and stop a beanbag and a medium-sized ball with some consistency.
- Sometimes catch a beanbag and medium sized ball.
- Track balls and other equipment sent to them, moving in line with the ball to collect it.
- Hit and kick a ball in a variety of ways, depending on the needs of the game.
- Choose different ways of hitting, throwing, striking or kicking the ball.
- Decide where to stand to make it difficult for their opponents.
- Describe what they and others are doing.

Prior Learning:

Year	Acquiring and Developing	Selecting and Applying	Improving and Evaluating	Knowledge & Understanding of Fitness & Health
LF	Actions <ul style="list-style-type: none"> ■ roll) ■ throw) ■ bounce) a projectile with hands ■ steer) ■ catch) ■ kick) ■ strike a static ball or beanbag with hand/s ■ strike a static ball with bat or racket ■ aim ■ trap/capture a projectile with hands and feet Travelling <ul style="list-style-type: none"> ■ walk) ■ run) . without equipment ■ hop) . carrying equipment ■ stop) . avoiding obstacles ■ retrieve a projectile ■ steer a ball with hands and feet Paired and Group Work <ul style="list-style-type: none"> ■ hand a projectile to a partner ■ roll) ■ strike) a projectile to a partner ■ throw) ■ kick) ■ bounce) ■ receive from a partner (a roll, strike, throw, kick and bounce) ■ lead and follow Spatial Concepts and Tactics <ul style="list-style-type: none"> ■ move in confined personal space ■ move into general space ■ move from one space to another space ■ fast and slow ■ still ■ move between and along lines 	<ul style="list-style-type: none"> ■ move spontaneously within available space ■ show awareness of others and obstacles in space, and adjust direction and speed appropriately ■ respond appropriately to simple movement tasks ■ link simple combinations of actions whilst static e.g. steer a ball round feet with hand then bounce the ball ■ link simple combinations of actions whilst travelling e.g. roll and retrieve a ball then return carrying it; carry a bean bag whilst hopping then running. ■ combine very simple changes of direction, speed and stillness ■ persevere when practising an action ■ use actions when playing simple individual, partner and small group games ■ apply simple rules when practising skills and playing games 	<ul style="list-style-type: none"> ■ observe and identify: <ul style="list-style-type: none"> - different ways of sending and receiving a projectile - individual body parts - fast, slow and still - changes of direction ■ copy and repeat actions and simple combinations of actions ■ respond positively to suggestions for improving their skill 	<ul style="list-style-type: none"> ■ observe that the body becomes tired during exercise and that vigorous exercise results in being out of breath ■ show an understanding of the body's need to rest when it feels tired or is out of breath ■ show some understanding that exercise is important to good health ■ observe that the body [muscles] become harder when tensed or stretched ■ handle items of equipment safely and responsibly e.g. show a respect for the equipment; demonstrate an awareness of others in the space; return equipment to the appropriate place

National Curriculum Statements:

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending

Significant People



Natalie Von Bertouch

Natalie Von Bertouch is a retired netball player who was captain to the Australian team from 2010-2013. She is regarded as one of the best centre court players worldwide.

Key Vocabulary:

- Throwing/catching
- Bouncing
- Aiming
- Free space
- Passing/Direction