

PE Year 1 Team Games



National Curriculum subject content:
Develop balance, agility, and coordination. <ul style="list-style-type: none"> ✓ Master basic movements including running, jumping, throwing, and catching as well as developing balance agility and coordination and begin to apply these in a range of activities.
National Curriculum theme:
<ul style="list-style-type: none"> ✓ Multi skills ✓ Introduction to defending and attacking games. ✓ PHSE Teamwork ✓ Communication speaking and listening skills. ✓ Links to School Games values

Key Vocabulary:	
catch	Object to block progress
control	A careful action
determination	To keep going keep going towards your goal
direction	Way travelling
honesty	Be truthful and fair
Jump	Push off a surface into the air using muscles in legs and feet
receive	To obtain
respect	To show politeness to others
rules	Instructions to follow
score	A point earned
Self-belief	To know you can do it
target	Place to aim for
target	Area to aim for
team	A group of people working together working together.
teamwork	A group working together

Sequence of Learning:						
Objectives (key knowledge):						
To learn to listen and communicate with a partner.	To learn to work and communicate together as a team.	To learn how to play simple team games including passing and catching.	To learn how to work as part of a team. To learn how to communicate with team members.	To learn how to play simple team games involving defending.	To learn how to play simple team games involving defending and attacking.	Space/ Time to revisit review.
Key events timeline/ Activities/Fundamentals (see below)						
Hoop games Cross the river Leap frog Say it make it	Under over team game Doughnut catch game. Pass the hoop	Under over game Rugby ball cat and mouse game. Tag collection game,	Build a scarecrow. Work as a team Build a picture relay race.	Find a cone / space/ Rubbish in my garden game.	3 kings knock down game. Throwing catching skills dodgeball in	

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Overview	
<p>-Team games are a group of activities in which players need to work together.</p> <p>-Unlike sports played by individuals (like singles tennis and golf) teams need the skills and efforts of a group of people in order to achieve success.</p> <p>-In team games, skills like <u>cooperation</u> and <u>communication</u> are important.</p> <p>-Team members often play in different positions which are suited to their skills and abilities. <u>Leaders</u> or <u>captains</u> often lead teams.</p>	

Physical		
Skill	Definition	How do I do this?
 Speed	Speed is about how quickly we can do something.	-You can improve the speed at which you can do something by practicing it – getting your body used to it. Many activities can be completed more quickly as a team than individually.
 Agility	Agility is how well we can change our body's position.	-Running around things, jumping over things and balancing on things all use our agility. Agility can be improved by practicing being flexible (e.g. yoga) and well-balanced (e.g. gymnastics).
 Strength	Strength is about being strong; having power over something.	-Strength lets us lift heavy things. It also helps us to strike things harder and more often, without making our muscles tired. To make our muscles strong, we should eat a healthy, balanced diet & practice movements regularly.
 Accuracy	Accuracy means to be precise at something; having control over it.	-Most games require us to be accurate (e.g. when aiming to shoot at goal in football, or to fire the arrow at the target in archery). We can build our accuracy by learning the correct technique and practicing the movement a lot of times.

Social and Emotional		Key Vocabulary Team Building Team Games Communication Collaboration Leadership Strategy Respect Honesty Reflection Speed Agility Strength Accuracy
<p style="text-align: center;"><u>Planning</u></p> <p>Planning helps us to think about how we are going to achieve tasks before we perform them. We should plan our routes and strategies before our go.</p>	<p style="text-align: center;"><u>Keeping Safe</u></p> <p>Follow the rules and listen to the instructor's advice. Store and handle equipment properly.</p> <div style="text-align: center;"> </div>	
<p style="text-align: center;"><u>Cooperation</u></p> <p>Cooperating is about working together and helping others. Strong teams need each individual to cooperate with their teammates.</p> <div style="text-align: center;"> </div>	<p style="text-align: center;"><u>Communication</u></p> <p>We need to communicate to give and receive information from our teammates. We can do this through speaking, listening and body language.</p>	
<p style="text-align: center;"><u>Honesty and Fair Play</u></p> <p>Fair play is about learning the rules of the game and putting them into practice honestly. As target games are often played individually, we need to make sure that we are honest about our scores and results.</p>	<p style="text-align: center;"><u>Managing Emotions</u></p> <p>Whilst it is important try your hardest, you should remember that games and sports should be fun. Be considerate to others in victory and be respectful and kind to others in defeat. Use deep breaths to stay calm.</p>	

Thinking/ Strategic	
	<p>-Success in team games is about thinking carefully about the different ways that the team can be successful, and making a clear plan. This is called a strategy. Your strategy needs to take into account many different things, for example the weather, your team's strengths and weaknesses, and also your opponents.</p>

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What are the School Games values?

The six School Games values - Passion, Self-Belief, Respect, Honesty, Determination and Teamwork - were developed by young people to recognise how the experience of sport should be epitomised and embodied within schools, and to reflect the 'spirit' of the School Games.

