

PE

Y1 Striking Skills



<b>National Curriculum subject content:</b>
Develop balance, agility, and coordination.
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.
<b>National Curriculum theme: Striking</b>
Fundamental Skills Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination

<b>Key Vocabulary:</b>	
Balance	Remain upright and steady
Golf Club	Equipment used in the game of golf to strike the ball
Putter	Club used to move the ball over a short distance
Driver	Club used to move the ball over a long distance
Stance	Correct way to hold body
Grip	Hold it
Green	Area of grass
Tee	An object used to balance the ball above ground level
Strike	To hit

**Sequence of Learning:**

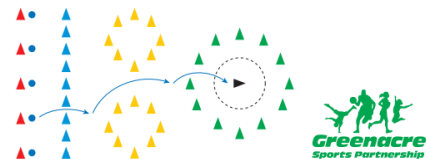

**Objectives (key knowledge):**

LO: To learn the fundamental skills of rolling a ball underarm.	LO: To learn how to play golf without equipment.	LO: To hold a putter with correct grip.	LO: To learn to strike a ball with control and on target.	LO: To learn to strike a ball with control and on target.	LO: To learn to strike a ball with control and on target.
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**Key events timeline**

Ball rolling games. See notes below	Pair work See notes below	Stance Tick tock position	Individual game using putter	Individual challenge using a driver.	Competitive game with partner, using driver and or putter
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<p><b>LESSON</b></p> <p><b>WARM UP (10 MINS)</b> Course Awareness: Lay out different areas of a golf course using colour coded cones: ● Bunker – Yellow cones ● The Green – Green Cones ● Water – Blue Cones ● Tees – Red cones ▶ Holes – Place flags</p> <p>Explain each area. Then call out each area and pupils have to run and stand in that area.</p> <p><b>MAIN LESSON (20 MINS)</b> In pairs, the pupils need to roll the ball to a partner; Looking for pupils to step forwards as they roll the ball. When receiving the ball look for pupils to create a cup shape with their hands and getting in line with the ball.</p> <p><b>Question :</b> How hard or soft do you need to roll the ball?</p> <p>Set out some hoops in an area and encourage pupils to roll the ball so that it stops in the hoop. How hard or soft do they need to roll the ball?</p> <p><b>GAME/COMPETITION (15 MINS)</b> Play the warm up game, recapping on the different areas of a golf course. The last person to the area is out and has to sit down.</p>	<p><b>EQUIPMENT</b></p> <ul style="list-style-type: none"> <li>• Balls</li> <li>• Flags</li> <li>• Cones</li> <li>• Hoops</li> </ul>	<p><b>KEYWORDS</b></p> <ul style="list-style-type: none"> <li>• Bunker</li> <li>• Green</li> <li>• Water</li> <li>• Tees</li> <li>• Holes</li> </ul>	<p><b>LESSON</b></p> <p><b>WARM UP (10 MINS)</b> Re-Cap on Course Awareness: Lay out different areas of a golf course using colour coded cones: ● Bunker – Yellow cones ● The Green – Green Cones ● Water – Blue Cones ● Tees – Red cones ▶ Holes – Place flags</p> <p>Call out each area and pupils have to run and stand in that area.</p> <p><b>MAIN LESSON (20 MINS)</b> Keeping the cones and flags out from the warm up add a hoop over the flags. Split the class into groups and ask them to line up behind a tee. Individually the pupils have to choose a hole and see how many rolls it takes for them to stop the ball in a hoop. Once they hit the target they go back to the tee and to the back of the group. Rotate the groups round so they have a go from each of the tees. Ensure each group picks a different hoop for each tee.</p> <p><b>GAME/COMPETITION (15 MINS)</b> Complete the task above again, but this time a member of the group must count how many rolls it takes for each pupil to roll the ball into a target. The lowest scored group, wins!</p>	<p><b>EQUIPMENT</b></p> <ul style="list-style-type: none"> <li>• Balls</li> <li>• Flags</li> <li>• Cones</li> </ul>	<p><b>KEYWORDS</b></p> <ul style="list-style-type: none"> <li>• Bunker</li> <li>• Green</li> <li>• Water</li> <li>• Tees</li> <li>• Holes</li> </ul>
<p><b>DIFFERENTIATION</b></p> <p><b>LESS ABLE</b> Don't count how many rolls it takes for the ball to stop in a hoop.</p> <p><b>MORE ABLE</b> Add a roll limit to get the ball in a hoop. Use smaller hoops/target</p>			<p><b>DIFFERENTIATION</b></p> <p><b>LESS ABLE</b> Don't count how many shots it takes to hit the target.</p> <p><b>MORE ABLE</b> Set a shot limit for each target.</p>		
<p><b>Teaching Points – Putting</b></p> <p>Stand side on, make sure the ball is between the feet. Swing the putter smoothly and not too fast.</p> 			<p><b>Teaching Points – Chipping</b></p> <p>Stand side on, with the ball between the feet. Swing the club smoothly, for greater distance Swing the club further backwards.</p> 