

PE

Y1 Defending



National Curriculum subject content:
Participate in team games, developing simple tactics for attacking and defending.
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.
National Curriculum theme:
Defending and attacking

Key Vocabulary:	
Throw	Propel from the hand
Catch	When you gain possession (in the hands)
Receive	To get the object
Roll	Move along the surface
Tactic	Actions/ plans to achieve a result
Team	A group of people
Speed	Moving fast or slow
Direction	Way you are travelling? Going (left/ right/ forward/ backwards/ sideways
Passing	To give to another player
Control	A movement to move the object
Shooting	Aim at a target
Scoring	Number of points you earn for achieving something

Sequence of Learning:

Objectives (key knowledge):					
To roll and receive a ball while moving.	To throw and catch a ball. To develop accuracy for a two-person game.	To throw a ball with increasing accuracy at a target.	To Learn that movement and space can be used as a tactic in a game situation.	To participate in games and begin to make decisions about defending tactics.	To participate in games and begin to make decisions about defending tactics.

Spatial awareness (change of direction) Agility the ability to rapidly change direction, accelerate or decelerate. 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	Agility the ability to rapidly change direction, accelerate or decelerate. 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 Working in pairs and small groups.	Agility the ability to rapidly change direction, accelerate or decelerate. 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	Agility the ability to rapidly change direction, accelerate or decelerate. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination Spatial awareness Understand basic skill of passing.	Agility the ability to rapidly change direction, accelerate or decelerate. 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 Working in pairs and small groups.	Agility the ability to rapidly change direction, accelerate or decelerate. 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 Working in small groups and larger teams.
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