

LEARNING OBJECTIVES

Children should learn:-

- to know and show different ways of using a ball.
- to understand how to use apparatus for its intended purpose.
- to observe, copy and play games as an individual and in two's.
- to move safely and actively about the space.

YEAR 1 – UNIT 1

FOCUS ON BALL SKILLS AND GAMES

UNIT FRAMEWORK

- (a) Familiarisation with a ball – balancing, rolling and passing the ball around different body parts.
- (b) Patting and bouncing the ball and using the skills in games.
- (c) Throwing, catching, rolling and receiving and developing games.
- (d) Kicking the ball and dribbling.
- (e) Throwing and catching using bean-bags, small balls and quoits.
- (f) Using the skills to develop individual and partner target games.

Games concepts and detailed teaching points for any specific skill in this unit may be found in the yellow section at the rear of this manual (contents page 178).

Suggestions for integration of Top Play cards are in pages 203 - 214.

EXPECTED LEARNING OUTCOMES

YEAR 1 – UNIT 1

By the end of this unit most children will be able to:-

- (a) demonstrate co-ordination when passing a ball around different parts of the body.
- (b) bounce and pat-bounce a ball with a degree of control.
- (c) understand how to send, receive, kick and dribble a ball and practise to improve the skills.
- (d) show a degree of control when sending and receiving a range of equipment.
- (e) understand that they must “get in line with a ball to receive it”.
- (f) send a ball in various ways to play individual target games or target games with a partner.

Children should also be guided continuously to:-

- use appropriate vocabulary to describe what they and others are doing and be able to watch and copy the actions of others.
- recognise how their bodies feel when they are active and understand that exercise improves health, makes them feel good and helps the body to work well.
- understand and play to the rules of the game.