

Multiskills & Games

Year group: 1

Term: Autumn 1

<p>Skills (weekly):</p> <ol style="list-style-type: none"> 1. Basic movements, spatial awareness and health and fitness. 2. Movement with a ball 3. Sending skills - <i>rolling and throwing</i> 4. Receiving skills - <i>catching</i> 5. Sending skills aiming and striking 6. Sending and receiving in games scenarios 	<p>Assessment Criteria</p> <p>Acquiring & Developing: control & accuracy with the basic actions for rolling, throwing and catching, striking an ball and kicking.</p> <p>Acquiring & Developing: understanding the concept of tracking & getting in line with a ball to receive it.</p> <p>Selecting & Applying: understanding the concepts of aiming, using skills in games.</p> <p>Selecting & Applying: recognising space in their games and using it to their advantage.</p> <p>Knowledge & Understanding: discussing why it's important to exercise.</p> <p>Evaluating & Improving: watching others, describing what they see & copying.</p>
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Key vocabulary: space, safe stopping, movement, awareness, pathways, dodging, control, direction, Rolling, Space, Balance, opposite foot forward, tracking, aiming, pace/speed of the ball, underarm, overarm, send, receive, bouncing, scanning, kicking, striking, catching, throwing.

- Curriculum links:**
- 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.

Resources: National Curriculum 2013. Staffshare/ Planning and Progression PE/Year 1/ Multiskills lessons pdf. & Sport specific knowledge organisers

Basic movement & spatial awareness	Movement with a ball	Sending skills rolling and throwing	Receiving skills catching	Sending skills aiming and striking	Sending and receiving in game scenarios
Use different ways of travelling in different directions or pathways. Begin to use space and be aware of surroundings. Run at different speeds. Describe how the body feels before, during and after exercise. Carry and place equipment safely.	Travel with a ball in different ways (dribble a ball with hands AND feet). Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.	Throw different types of equipment in different ways, for accuracy and distance. Throw a ball for distance. Use hand-eye coordination to control a ball. Vary types of throw used under/over/bounce pass.	Catch and bounce a ball. Use rolling skills in a game. Practise accurate throwing and consistent catching.	Use spot floor/wall targets to aim accurately. Use hitting skills in a game. Practise basic striking, sending and receiving.	Pass (throwing) the ball to another player in a game. Apply kicking / throwing skills learnt in small group games.