

Lesson 1/6

To roll a ball to a target underarm

Success Criteria

To be able to:

- **Understand how to roll the ball successfully**
- **Understand their arm action whilst rolling a ball**
- **Show a preference for a dominant hand**

Lesson 2/6

To learn the skill of **throwing underarm**

Success Criteria

To be able to:

- **Know how they should hold the beanbag/ball whilst throwing underarm**
- **Stand correctly whilst throwing a ball underarm**
- **Sometimes catch a beanbag and/or a medium sized ball**
- **Show a preference for a dominant hand**

Lesson 3/6

To bounce and catch a medium/large sized ball

Success Criteria

To be able to:

- **Catch a large ball**
- **Bounce the ball and catch it with two hands**
- **Watch the flight of the ball and meet it with their hands**

Lesson 4/6

To learn the skill of **throwing overarm**

Success Criteria

To be able to:

- **Throw a ball overarm with one hand**
- **Understand their arm action whilst throwing the ball**
- **Intercept/stop a bean bag whilst in flight**
- **Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball**

Lesson 5/6

To learn how to catch a small piece of equipment using both hands

Success Criteria

To be able to:

- **Follow the flight of the ball and get their hands/body in line with it**
- **Know when an object is at its highest point and can move their hands towards it**
- **Develop and refine a range of ball skills including: Throwing, catching, kicking, passing, batting, aiming**

Lesson 6/6

To show increasing control over an object in pushing, patting, throwing, catching or kicking it

Success Criteria

To be able to:

- **Track balls and other equipment, moving in line to collect them**
- **Throw a ball in a variety of ways, depending on the distance it needs to travel**
- **Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines**
- **Show different methods of sending an object towards a partner**