

**Lesson 1/6**

# **To bounce and catch a small/medium sized ball**

## **Success Criteria**

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**To be able to:**

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

**Lesson 2/6**

# **To reinforce the skills of throwing underarm and overarm**

## **Success Criteria**

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**To be able to:**

- **Sometimes catch a beanbag and/or a medium sized ball**
- **Stand correctly whilst throwing a ball underarm and overarm**
- **Throw a ball underarm and overarm with one hand**
- **Understand their arm action whilst throwing the ball**
- **Intercept/stop a bean bag whilst in flight**

**Lesson 3/6**

# To introduce the skills of kicking a ball

## Success Criteria

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**To be able to:**

- **Stand correctly when kicking a ball**
- **Understand their leg action whilst kicking the ball**
- **Kick a ball along the floor using their left and right legs**

**Lesson 4/6**

# **To throw and kick a ball to a stationary target over various distances**

## **Success Criteria**

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**To be able to:**

- **Be aware that the further the target, the harder they need to throw or kick the ball**
- **Recognise whether they need to throw or kick the ball to the target**

**Lesson 5/6**

# **To show control and accuracy with the basic actions of** **throwing, rolling and kicking a ball**

## **Success Criteria**

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**To be able to:**

- **Understand their arm action whilst rolling a ball**
- **Roll a ball using two hands**
- **Track balls and other equipment, moving in line to collect them and understanding when the ball is at the top of its bounce**
- **Throw and kick a ball in a variety of ways, depending on the game**

**Lesson 6/6**

# **To understand the difference in a variety of games using throwing and kicking tactics/rules**

## **Success Criteria**

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**To be able to:**

- **Understand that games can be different**
- **Understand basic rules of the games and the boundaries set in place**