

Lesson 1/6

To bounce and catch a small/medium sized ball

Success Criteria

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

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

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

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

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

To be able to:

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