

PLAYING

EDSTART

Year 1 - Fundamental Movement Skills

Object Control - Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

Children can:

- **Perform basic skills of rolling, striking, kicking, catching and gathering skills with more confidence**
- **Show awareness of teammates and opponents when playing games**
- **Apply skills in a variety of simple games**
- **Make choices about appropriate targets, space and equipment**
- **Use a variety of simple tactics**
- **Work well with partners and in small groups to improve skills**

Learning Objective

Learning Outcomes

1 To roll a ball back and forth with a partner

Children can:

- Know the correct way to roll a ball
- Pick up and put down objects with ease and accuracy
- Understand how to get low to the ground when rolling a ball
- Get into line with the ball and are able to receive it

2 To throw and catch underarm using a variety of equipment

Children can:

- Throw a ball/beanbag underarm with some accuracy
- Understand how to throw a ball underarm with control and accuracy
- Watch the flight of an object and be able to move in-line with an object in order to catch underarm

3 To throw and catch overarm using a variety of equipment

Children can:

- Be aware that the further the target, the harder they need to throw the object
- Understand how to throw the ball overarm with control and accuracy
- Use basic throwing techniques to hit large targets

4 To judge the flight of an object and catch it using the correct technique

Children can:

- Perform a range of rolling, throwing, catching, and gathering skills, with control
- Understand what skills are needed in certain situations

5 To kick a ball accurately over a variety of distances

Children can:

- Understand their leg action whilst kicking the ball
- Kick a ball along the floor using their left and right feet to a variety of targets

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

Children can:

- Track balls and other equipment, moving in line to collect them and understanding when ball is at the top of its bounce
- Recognise whether they need to throw or kick the ball to the target
- Throw and kick a ball in a variety of ways, depending on the game

Assessment Mark

Requirements

Working Towards

- Understand basic rules
- Retain key information
- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)

On Target

- Can emulate actions and movements when demonstrated by the coach/teacher
- Can perform a range of movements (Jogging, skipping, jumping, side stepping, etc.)
- Can listen to and follow commands
- Can utilise space, avoiding other pupils and equipment
- Can pick up and put down objects with ease and accuracy
- Can use basic throwing techniques

Above Target

- Utilises space in order to achieve success
- Can identify changes in their own body as an effect of exercise
- Can use basic throwing techniques to hit large targets
- Children can recognise whether they need to throw or kick the ball to the target

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.