

PLAYING

EDSTART

Year 1 - Intro to Games

Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

Children can:

- Understand the difference between rolling, bouncing and throwing
- Dribble the ball with their feet, keeping it under control
- Dribble a ball with their hands in small game situations
- Pass the ball over a short distance using a variety of techniques
- Use their bodies to protect the ball against the defender
- Dodge a defender using a variety of different techniques
- Know what technique is needed depending on the game and/or ball
- Understand basic rules of games and can follow them

Year 1 - Intro to Games

Unit of Work

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Learning Objective

Learning Outcomes

1 To move and change direction quickly and under control whilst avoiding a variety of obstacles and equipment

Children can:

- Move their feet quickly whilst running
- Change direction quickly and under control
- Understand what being agile means and can show this safely and under control
- Move around safely whilst holding various pieces of sporting equipment

2 To dodge an opponent whilst running and change direction quickly

Children can:

- Dodge a defender using a variety of different techniques
- Move away from crowded areas into space
- Change direction quickly, make sharp turns and off balance the person trying to defend them

3 To dodge an opponent in a variety of activities

Children can:

- Dodge an opponent using a variety of different techniques
- Move away from crowded areas into space
- Change direction quickly, make sharp turns and off balance the person trying to defend them

4 To play games involving 'tagging'

Children can:

- Understand the role of the defending team is trying to stop the opposition
- Understand the dangerous attacking player is the one who is carrying the ball

5 To understand rolling, bouncing, throwing and catching using various sized balls and when to use them in small games

Children can:

- Understand the difference between rolling, bouncing and throwing
- Throw various objects over short and long distances
- Watch the flight/path of an object and stop it
- Pass the ball over a variety of distances and know how hard it needs to be passed

6 To introduce the throwing technique in a variety of different activities

Children can:

- Throw the ball with good technique
- Aim at and sometimes hit a moving target
- Throw the ball whilst on the move

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**.