

PLAYING EDSTART

Inclusive Sports Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

Children can:

- **Use a range of skills, e.g. throwing, rolling, blocking with some control and accuracy**
- **Stop the ball with consistency**
- **Defend with increased accuracy**
- **Throw underarm with accuracy and for a good distance**
- **Understand the basic rules of Boccia and Goalball**
- **Start to understand and play inclusive games, where at times they are visually impaired**
- **Use all their senses, to play small modified versions of the game**

Learning Objective

Learning Outcomes

1 To develop throwing a ball straight in Boccia

Children can:

- Keep the arm swinging close to the body when throwing so that its trajectory remains straight
- Use the basic bowling and underarm throwing technique when throwing the Boccia ball
- Use the 3-step approach to throwing the ball

2 To develop the distance that children can throw a ball in Boccia

Children can:

- Vary their throw using both underarm and overarm throws depending on the distance
- Have the palm of their hand facing the sky when throwing
- Understand to bend at the knees to increase accuracy

3 To use the three different types of throws used in Boccia (Roll, underarm and overarm throw)

Children can:

- Throw the ball with more power using a longer back swing
- Understand the underarm throw will allow for more control over the speed of the ball
- Start to use the overarm throw to allow them to aim at a particular ball/area

4 To throw the ball in Goalball

Children can:

- Know to use an underhand technique to throw a Goalball
 - Swing the ball back on their 1st step
 - Move the ball forward and lower body close to the floor on the 2nd step
 - Release the ball on the 3rd step
 - Throw the ball in less than ten seconds once received

5 To pass the ball in a Goalball

Children can:

- Call the name of the receiver before they pass the ball
- Knock on the floor to give cue to the receivers before they pass

6 To block a shot in Goalball

Children can:

- Understand blocks are typically made from a horizontal lying position with arms and legs fully extended
- Start in a basic 'ready' position and listen to the direction of the ball where they then lower themselves to the floor carefully and then quickly
- Know to lean slightly forward so that the ball deflects down to the floor when it makes contact with them

Assessment Mark	Requirements
Working Towards	<ul style="list-style-type: none">• Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)• Retain key information• Understand basic rules of the game
On Target	<ul style="list-style-type: none">• Can perform a range of passes• Can pass a ball confidently using the correct techniques• Use correct technique when aiming at a target• Consistently demonstrate an understanding of spatial awareness• Can use defensive strategies in a range of context
Above Target	<ul style="list-style-type: none">• Can perform a range of passes in a game situations• Can select the correct technique for each pass• Can direct the ball into different spaces on the court• Effectively apply some elements of strategy and tactics
Excelling	<ul style="list-style-type: none">• Competes/demonstrates an ability to compete at an elite level• Can identify and use tactics to help the team keep the ball and advance it forward• Can identify and use tactics to help the team defend and win the ball back• Can officiate small games between themselves and be able to restart the game after a stoppage in play• Can analyse skills and techniques to modify and improve performance

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- Retain key information
- Understand basic rules of the game

- Can perform a range of passes
- Can pass a ball confidently using the correct techniques
- Use correct technique when aiming at a target
- Consistently demonstrate an understanding of spatial awareness
- Can use defensive strategies in a range of context

- Can perform a range of passes in a game situations
- Can select the correct technique for each pass
- Can direct the ball into different spaces on the court
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- Competes/demonstrates an ability to compete at an elite level
- Can identify and use tactics to help the team keep the ball and advance it forward
- Can identify and use tactics to help the team defend and win the ball back
- Can officiate small games between themselves and be able to restart the game after a stoppage in play
- Can analyse skills and techniques to modify and improve performance

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**.

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