

# PLAYING

# EDSTART

## Inclusive Sports Unit of Work

**Pupils will be taught...**

### Overall Learning Outcomes (Endpoints)

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#### **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 1<sup>st</sup> step
  - Move the ball forward and lower body close to the floor on the 2<sup>nd</sup> step
  - Release the ball on the 3<sup>rd</sup> 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

- 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

- 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

- 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

- 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**.