

COMPETING

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
- 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 throw the ball with height (Over an obstacle) in Boccia

Children can:

- Bend the knees (For non-wheelchair users) when throwing/rolling the ball underarm
- Use an underarm throw to judge the pace of the throw
- Use a high throw to allow the ball to stop dead so that it doesn't continue to roll

2 To understand attacking strategies in Boccia

Children can:

- Throw the ball with less power to allow for more accurate placement of their ball
- Use a shorter back swing – underarm throw to have more control of the ball
- Use the rolling technique to get their ball as close to the Jack ball as possible

3 To understand defensive strategies in Boccia

Children can:

- Learn the technique of throwing the ball with pace in order to hit another ball out of the way
- Look at the positioning of all the balls to work out the best throw option
- Vary their throws depending on where your opponent's ball has landed

4 To pass the ball quickly and accurately in Goalball

Children can:

- Understand they are not allowed to throw the ball more than two consecutive times in game, so must pass the ball
- Know the team throwing the ball has ten seconds to throw the ball towards the other team's net
- Know the ball must touch the floor before passing over the centre line when thrown

5 To score goals in a game of Goalball

Children can:

- Know they have to get the ball over the goal line to score
- Know that if a pass goes behind you into your own net, it counts as a goal

6 To use defensive strategies in Goalball

Children can:

- Put their arms in front of their face to protect them from being hit and head should tilt back slightly
- Focus on listening to the ball and moving quickly in order to block the throw

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 against a defender
- 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**.