

PE: Throwing and Catching

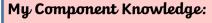
Civilisation

Prior Knowledge:

Work on PE last term – using space.

EYFS - PE skills, throwing and





Lesson 1: I can track and receive a ball.

Lesson 2: I can change direction.

I can bounce a ball with control.

Lesson 3: I can move at different speeds. I can throw and catch.

Lesson 4: I can throw and catch a ball with a partner.

Lesson 5: I can throw overarm.

Lesson 6: I can throw a quoit.

My Composite Knowledge: I can use my body to effectively and efficiently to control and catch objects.

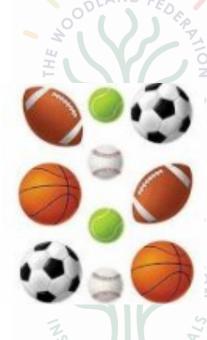
Key Vocabulary

Tier 1: PE, exercise, ball, beanbag, throw, catch, space, looking, target, hoop,

Tier 2: receive, roll, bounce, send, space, direction, speed, observe, evaluate, improve.



How would you make your ball bounce



What does our body need to do to roll the ball?

