

PE: Throwing and Catching

Civilisation

Prior Knowledge:

Work on PE last term – using space.

EYFS – PE skills, throwing and



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.



My Component Knowledge:

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.

How would you make your ball bounce

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

