

**Prior Knowledge & Skills— Early Learning Goals**

Negotiate space and obstacles safely, with consideration for themselves and others;

Demonstrate strength, balance and coordination when playing;

Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

**Key Knowledge & Skills**

Year 1:

Throw underarm and overarm.

Catch and bounce a ball.

Use rolling skills in a game.

Practise accurate throwing and consistent catching.

Year 2:

Throw different types of equipment in different ways, for accuracy and distance.

Throw, catch and bounce a ball with a partner.

Use throwing and catching skills in a game.

Throw a ball for distance.

Use hand-eye coordination to control a ball.

Vary the type of throw used.

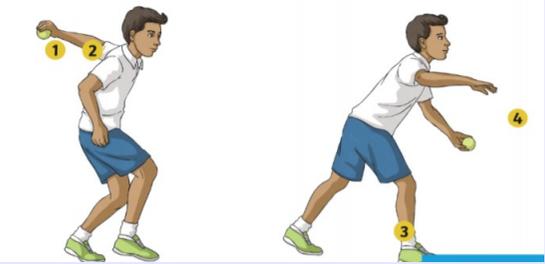
Key Vocabulary	
Word	Definition
Throw	To pass the ball to someone else over a distance.
Catch	To collect a moving ball out of the air.
Hoop	A round target to throw through or into.
Ball	A round object to throw.
Beanbag	A soft and light bag which can be thrown.

**Overarm Throw**



- Stand side on to the target, letting your back leg take the weight.
- Point your non-throwing arm at the target and make sure the same foot as the non-throwing arm is forwards.
- Grip the ball between your fingers and thumb, with your palm facing upwards, and bring your throwing arm up and backwards, with a bent elbow
- Generate force by moving the legs first, then hips, shoulders and the arms fast and last
- Transfer your weight from your back leg to your front leg as you release the ball.
- The throwing arm follows through, down and across the body (pretend to put your throwing hand into the opposite pocket, across the body, after the ball is released).

**Underarm Throw**



- Hold the ball in your dominant hand, gripping it with the fingers and thumb.
- Take your throwing arm behind your body and swing it forwards like a swinging pendulum (from behind the body to the front of the body).
- Step forwards, transferring your weight from the back foot to the front foot as you move
- Release the ball at waist height.

**Future Learning—KS1 Invasion Games**

Year 1:

- Begin to move at different speeds.
- Starts and stops quickly.
- Tap/kick a ball accurately.
- Stop a rolling ball with one or two hands.
- Begin to change speed and direction to gain an advantage
- Follow simple tactics
- Begin to use space in a game.

Year 2:

- Show control and co-ordination when moving at different speeds.
- Maintains balance whilst changing direction quickly.
- Show control and accuracy in order to keep possession.
- Combine changes in speed and direction to gain an advantage.
- Use simple tactics to attack or defend.
- Begin to choose and use the best space in a game.