



Unit Purpose

The unit of work will **consolidate** pupil's ability to **accurately** roll a ball towards a target.

Pupils will combine their **sending** and **stopping** skills, applying their prior knowledge of where we send a ball and why to score points to beat an opponent.

Inspire Me

Did you know... in ten pin bowling the most points you can score is 300, this is known as the 'perfect game'. As of 2021 there have been only 37 officially certified 'perfect games'.



Key Success Criteria

- P** Pupils will be able to send a ball towards a target, applying the correct technique. Pupils will aim carefully in order to score a point to beat an opponent.
- C** Pupils will develop their concentration skills as they focus on the target, their partner and the ball.
- S** Pupils will develop life skills such as fairness and empathy as they work well with others, playing by the rules.
- W** Pupils will develop and apply life skills such as self belief and honesty as they strive to improve their own performance, always keeping the score and playing fairly.



Vocabulary for Learning

Batter: Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many rounders as possible.

Fielder: A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to prevent the batter from scoring.

Opponent: means a player on the other team.

Aiming: is the ability to use our bodies to direct an object towards a target.

Accuracy: is the ability to control where we throw or roll and object.



Sport Specific Vocabulary

Throwing: means using your arm/hand to propel a ball with force through the air to a specific target or area.

Catching: means holding the with our hands that is hit or thrown to us usually before it touches the ground.

Rolling: is a method of sending the ball along the floor. A ball can be rolled using our hands towards a target or our partner.





Physical Education Gymnastics Year 1

Unit Purpose

The unit of work will **develop** pupils' ability to apply 'champion gymnastics' as they explore movements and balances in **wide, narrow** and **curled** ways on the floor and on apparatus. Pupils will **transition** between the theme words as they move and develop simple sequences, linking movements together.

Inspire Me

Did you know... that the Ancient Greeks used to prepare their young men ready for war by doing gymnastics!



Key Success Criteria

- P** Pupils will be able to move and balance in wide, narrow and curled ways, applying champion gymnastics criteria, on the floor and on apparatus.
- C** Pupils will experiment moving in a variety of wide, narrow and curled ways understanding the differences between each type of movement.
- S** Pupils will demonstrate life skills such as empathy and gratitude as they work safely with each other. Pupils will support each other and share apparatus.
- W** Pupils will develop their self belief and courage as they travel with confidence on the floor and on apparatus, creating their own ways of moving and balancing.



Vocabulary for Learning

Champion Gymnastics: 'Champion' refers to when pupils are being silent, pointing their fingers and toes and are still when they make a shape/balance.

Wide: This means moving or balancing in ways where the body is extended (arms and legs) horizontally away from the centre of the body. For example a star jump is a wide movement.

Narrow: This means moving or balancing in ways where the body stretches (arms and legs) vertically away from the centre of the body. For example, a pencil jump is a narrow way of moving.

Curled: This means to move or balance rolling our body up tightly. A forward roll is an example of moving in a curled way.



Sport Specific Vocabulary

Transition: The term transition means to move into and out of basic movements, actions or balances.

Interesting: This means pupils are thinking and being creative.

Linking: This means successfully adding two movements together so that they flow one after the other.

