



Physical Education

Rackets, Bats and Balls Year 1

Unit Purpose

The focus of the learning is for pupils to **develop** their ability to keep a ball controlled using a racket. Pupils will also explore and develop their **hitting (pushing)** skills using a ball and a racket **accurately**.

Pupils will apply their understanding of accuracy and space in a variety of games.

Inspire Me

Did you know... that the world record for the longest time to keep a tennis ball under control on a racket (most bounces) is a whopping 5 hours, 1 minute and 8 seconds.



Key Success Criteria

- P** Pupils will be able to push (hit) their ball towards a target, varying the power they apply based on the distance of the target.
- C** Pupils will understand the meaning of aiming and power and understand how to utilise these skills in order to be successful.
- S** Pupils will develop life skills such as fairness and empathy as they listen to others and work collaboratively together.
- W** Pupils will apply life skills such as self belief and integrity as they strive to improve their own performance, even if they find it challenging.

Vocabulary for Learning

Possession is when we have physical control of the ball.

Control: means keeping the ball close to us when we are dribbling or pushing with our racket.

Attacker: We are considered an 'attacker' when we are in possession of the ball or in control of the ball. Our aim is to keep the ball away from the defenders.

Defender: We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to try and prevent the attackers from scoring.



Sport Specific Vocabulary

Dribbling: is a method of moving with the ball. The attacker in possession of the ball uses their racket to push the ball around in order to move around the space.

Accuracy: is the ability to control where we are pushing or hitting the ball with our racket.

Hitting: means striking the ball with a racket with the purpose towards a target.

Power: is the intensity and speed that we hit a ball with our racket.

Fairness

Hitting a ball (with a racket) with accuracy and power to beat an opponent

Explore pushing (dribbling) a ball with a racket

Empathy

Develop pushing (dribbling) a ball with a racket: Introducing control

Integrity

Combine hitting a ball (with a racket) with accuracy and power

Refine pushing (dribbling) a ball with a racket

Concentration

Explore hitting and develop pushing a ball (with a racket) towards a target

Self Belief

Explore hitting a ball (with a racket) with power

Transition to Year 2

Year 1 Learning Journey



Physical Education

Locomotion Year 1

Unit Purpose

The unit of work will **develop** pupils' ability to run using different parts of their bodies.

Pupils will begin to understand the basic principles of **attack** and **defence** as they develop their understanding of where we need to run and why.

Inspire Me

Did you know... that in 2005 Dean Karnazes ran 350 miles across Northern California without stopping. He did not stop to sleep or to eat! Dean ran continuously for 80 hours, 44 minutes without a break!



Key Success Criteria

- P** Pupils will be able to run applying the correct technique to ensure maximum speed. Pupils will run and stay in a space avoiding the defenders.
- C** Pupils will demonstrate a growing understanding of where to run, why to run there and when and why running fast is important in games.
- S** Pupils will continue to develop life skills such as empathy and fairness as they listen, play by the rules and encourage others.
- W** Pupils will develop life skills such as honesty and self belief as they strive to run as fast as possible, ensuring they are playing by the rules.



Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or we are trying to avoid a defender to score a point. The aiming of the game for the attackers is to score as many points as possible.

Defender: We are considered a 'defender' when we are not in possession of the ball or we are trying to tag an attacker. The aim of the game for the defenders is to prevent the opposition (attackers) from scoring.

Space: is an open area on the pitch that is unoccupied by a defender or the defending team. The attackers need to identify an open space to run into to avoid being tagged by a defender.



Sport Specific Vocabulary

Speed: Is the ability to move all or part of the body as quickly as possible. Speed is a vital component to being successful when running.

Acceleration: is how quickly an athlete can increase their speed over a distance when running.

Tagging or Tag: is the method applied by the defending team to stop an attacker from moving.

