



Physical Education

Ball Skills Feet Year 1

Unit Purpose

The unit of work will develop pupils' ability to apply effective **dribbling** skills.

Pupils will develop their understanding of why we need to be accurate when kicking (passing) a ball. Pupils will be able to **collaborate** and work together in a team.

Inspire Me

The youngest ever player to play for England's mens international football team is **Theo Walcott**, who came on as a substitute against Hungary in 2006 aged 17 years and 75 days.



Key Success Criteria

- P** Pupils will consolidate their ability to dribble the ball keeping control and moving into spaces. Pupils will develop their ability to pass the ball accurately.
- C** Pupils will demonstrate developing 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 and play 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 and always keep the score playing fairly.

Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team 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.

Space: is an open area on the pitch that is unoccupied by a defender or the defending team. The attacker in possession of the ball need to identify open spaces to move into to keep the ball away from the defenders.



Sport Specific Vocabulary

Dribbling: is a method of moving with the ball. The attacker in possession of the ball continuously kicks the ball, keeping it close to them in order to move around the pitch.

Passing: is a method of sending (kicking) the ball to our partner or another member of our team in order to keep possession of the ball.

Control: means keeping the ball close to us, preventing the defenders from gaining possession.





Physical Education

Health and Wellbeing Year 1

Unit Purpose

The unit of work will introduce pupils to **agility, balance** and **co-ordination**, understanding what they mean and why they are important.

Pupils will perform **circuits** to develop their **application** and understanding.

Inspire Me

“When it comes to **health and well-being**, regular exercise is about as close to a magic potion as you can get.”

By Nhat Hanh a Vietnamese Monk



Key Success Criteria

- P** Pupils will move showing agility, be able to remain balanced and apply coordination in activities and within circuit challenges.
- C** Pupils will demonstrate a basic understanding of agility, balance and coordination and why they are important.
- S** Pupils will develop life skills such as empathy and fairness as they collaborate with their partners and support each other to complete the circuits.
- W** Pupils will demonstrate honesty and self belief as they try their hardest to improve their performances and keep their score.

Vocabulary for Learning

Attacker: We are considered an ‘attacker’ when we or our team are in possession of the ball or in control of the ball. We are also an attacker when we are trying to avoid being caught by a defender.

Defender: We are considered a ‘defender’ when we are not in possession of the ball or we are trying to catch an attacker.

Agility is the body's ability to move quickly and easily in different directions.

Balance: Is the even distribution of weight enabling someone or something to remain upright and steady.

Coordination: Is the ability to use different parts of the body together efficiently.



Sport Specific Vocabulary

Hand-eye coordination: is the ability to use our hands and eyes at the same time to perform and accomplish a given task, such as catching a ball.

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

Aiming: means how we use our bodies to direct a ball or an object to a specific target.

