



Y1/2



## Area of PE: Throwing and Catching

### New Vocabulary

Rolling	To move a ball along a surface.
Stopping	To stop a ball so that it is no longer moving.
Throwing	To send the ball through the air from your hand.
Catching	To take hold of the ball in your hands before it bounces.
Tracking	Watching where the ball is going.
Perseverance	Don't give up. Keep on going.

### New Knowledge – Sociology

You should always follow the rules and correct techniques of sending and receiving to stay safe.

### Prior Knowledge – Sociology

There are rules you need to follow within team games.

Team games can give you a challenge.

Playing team games gives you the chance to play with your friends.

### Prior Knowledge – Psychology

Completing a physical activity can give you a feel-good factor – make you feel happier.

### New Knowledge – Practical

Skill	How to do this
Rolling	Point your hand at your target. Step forward with your opposite leg. Your foot should point in the direction that you want the ball to go.
Stopping	Move your feet to get in line with the ball as it is coming towards you. Use two hands to stop the ball. Make sure that your palms are facing the ball, with wide fingers.
Throwing	Make sure that the person that you are throwing to is ready. Use your other arm to point in the direction that you want the ball to go.
Catching	Watch the ball carefully. Bend your knees as you prepare to catch it. Close your hands around the ball and pull it in to your body.

Sending is throwing, rolling and kicking a ball.

Receiving is catching, tracking and stopping a ball.

You can use equipment to send and receive balls, for example sticks and racquets.

You can transfer our sending and receiving skills to balls of different types and sizes.

### Prior Knowledge about Throwing and Catching

#### Early Years

We can throw a ball with different amounts of power.

We can hit a target by aiming at it.

We can throw a ball with one or two hands.

We can pass to our friend or a target by aiming at it.

**By the end of Y1/2, the children will know the following knowledge about throwing and catching.**