



Links to PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations

Key Vocabulary

Aim	Target	Accurate	Roll
Throw	Strike	Score	Bat

Key skills

Physical

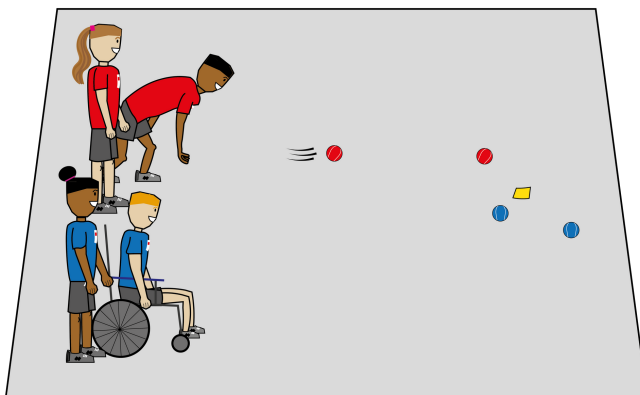
- Running
- Catching
- Throwing
- Striking
- Agility balance, coordination,

Social & Emotional

- Sportsmanship and fair play
- Resilience
- Collaboration

Thinking

- Decision making
- Understanding rules & techniques



Examples of target games

Bowling



Golf



Dodgeball



Glossary

Aim

When aiming, we want to look and make sure we/our bat is pointing towards our intended target.

Target

The target is what we are aiming for, whether that be a cone, pin, hula hoop or hole.

Accurate

When we are accurate, it means we hit the target we are aiming for.

Key questions

1. Can anyone think of any activity examples where we may aim towards a 'target'?
2. What do we mean by the word 'accurate'?
3. What do we mean by the word 'underarm'?

By the end of the unit I should...

- Be able to display most of our core fundamental movement skills with confidence and control
- Be able to work cooperatively and competitively with others in activities/games



Learning Journey – Y1 Target games



Whole child criteria: **Head** | **Hand** | **Heart**

EYFS (Ball skills)

- Pupils can follow rules to complete tasks and games
- Pupils can show understanding of their task through answering and asking questions
- I can practice basic fundamental movement skills:
 - Running
 - Jumping
 - Hopping
 - Skipping
 - Throwing
 - Catching
- Pupils can negotiate space and obstacles safely, adjusting speed and direction as needed
- Pupils show increasing control over an object in pushing, patting, throwing, catching or kicking it.
- Pupils can work cooperatively with others
- Pupils can share and take turns
- Pupils can show confidence, resilience and patience

Year 1

- I can follow simple rules to play games fairly
- I understand and can explain basic rules & techniques
- I can demonstrate basic throwing and striking technique
- I can use throwing and striking skills in games
- I can use rolling skills in a game
- I can practice accurate throwing
- I can work collaboratively with others
- I can work competitively against others
- I am willing to practice and improve

Year 2

- I can start to link actions together for example running, throwing and catching
- I can start to apply the correct action into games/tasks
- I am starting to show an understanding of what success looks like and how to improve
- I can demonstrate core fundamental movements with control and consistency (mastery):
 - Movement skills i.e. running, jumping, skipping etc.
 - Throwing
 - Catching
- I can throw an object with increasing consistency towards a target
- I can roll a ball with increasing consistency towards a target
- I can strike a ball with increasing consistency towards a target
- I can work collaboratively with others
- I can display patience and resilience when completing tasks
- I am willing to help others and receive feedback
- I have a basic understanding of what happens to my body as we exercise

Other prior learning units (with similar transferrable skills)

- Fundamental movement skills
- Target games
- Ball skills

Progression of physical skills

EYFS

- Running
- Galloping
- Jumping
- Hopping
- Skipping
- Rolling a ball
- Throwing a ball
- Kicking a ball
- Catching skills
- Starting to strike/bat a static ball



Year 1

- Running
- Galloping
- Side stepping
- Jumping
- Hopping
- Rolling a ball
- Underarm throw
- Kicking a ball
- Catching skills
- Striking/batting a static ball



Year 2

- Running (M)
- Galloping (M)
- Side stepping (M)
- Jumping (M)
- Hopping (M)
- Rolling a ball (M)
- Throwing a ball (M)
- Kicking a ball (M)
- Catching skills (M)
- Dribbling skills
- Starting to strike/bat a moving ball
- Evasion skills