



Year 1 – Throwing and Catching

Key Focus of the Unit	About This Unit <p>- Pupils will be given the opportunity to 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. 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.</p> <p>- Pupils should be taught to: master basic movements including throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Linking to Class Topics</p> <p>- The opportunities to link to different topics should be utilised through movements, balances and actions where possible.</p> <p>Health and Safety</p> <p>- All children to be in full PE kit throughout the lesson.</p> <p>Progressions</p> <p>- All abilities should be given the opportunities for progression as well as deeper learning and understanding where necessary.</p>		
Objectives	<ul style="list-style-type: none"> • To be able to throw a ball/beanbag with accuracy. • To be able to show an awareness of space. • To be able to catch a ball/beanbag with some control. • To observe, describe and copy what others are doing. • To work collaboratively with a partner. 	Vocabulary:	Striking Catching Own space Team Speed Direction Passing Controlling Shooting Partner Skill Throwing
Prior learning/Understanding	In Reception, children have started to develop their throwing and catching skills by experimenting with quoits and bean bags.	Key Local Links for Extra Curricular Sporting Opportunities:	Cockermouth Cricket Club Cockermouth Wasps

Future learning/Understanding	<ul style="list-style-type: none"> • In Year 2 the children will develop their throwing and catching skills within the game of cricket. They will be working to; • Select cricket equipment. • how to hold the bat. • how to bowl. • how to strike. • Targets and aiming. 	Safety Points and Common Misconceptions:	<p>Ensure the space is checked and suitable for the session and that children have appropriate kit. Discuss with children how they can safely move within the area and the importance of keeping their heads up whilst moving or how throwing an object too far or hard could be dangerous.</p> <p>One of the least effective ways to practice throwing or catching is to have students find a partner. Undoubtedly, one partner can throw harder than the other and catching is difficult. Neither partner will be allowed to throw with maximum force because accuracy and catching the throws will be difficult.</p>
Suggested Activities	<ul style="list-style-type: none"> • 'Off the wall' - Children to work individually or in groups of 4-5 with one child working at a time per group. The child working should have one ball with a wall or solid area to throw against. They must throw a ball against the wall and attempt to catch it using their hands and arms <p><u>Teacher Tips</u></p> <p>Allow children 4-5 throws before they give the ball to another member of their group (if they're not working individually). Teaching Points How to catch a ball: Eyes open and on the target, wide arms and fingers spread wide.</p> <p><u>Progression Competitive element</u></p> <p>Ask the children to try and complete 5 successful catches without the ball bouncing.</p> <ul style="list-style-type: none"> • 'Throw Throw Throw' - A variety of different objects are placed around a space (different sized cones and hula hoops). A variety of different sized balls and beanbags are placed beside the cones and hula hoops (one per cone and hoop) - On the teacher's signal, children to pick up any ball/beanbag, take three to four 'giant' steps back from the target and throw 	Assessment	<p>LA- Should demonstrate developing ability across all five of the learning objectives during this lesson with a focus on spatial awareness and collaborative work.</p> <p>MA- Should demonstrate developing ability when attempting to throw and catch a variety of differently shaped objects with correct technique.</p> <p>HA- Should be able to successfully throw and catch a variety of differently shaped balls or objects whilst both stationary and moving.</p>

towards the target attempting to hit it (cone) or land in it (hoop) they then collect their ball or hoop, place it in its original spot and move to the next ball or beanbag to repeat the process.

Teacher Tips

Make sure children take the time to firstly stop followed by aiming then release and follow through.

Teaching Points

Stop - Aim - Release - Follow through.

Progression

Cones/hula hoops can have different numbers beside them allowing the children to add up all their numbers after throwing. (Numeracy link).

- 'Partner Pass' - In similar ability partners, children to explore their throwing and catching skills. Remind them of the correct technique to throwing and catching. Children to stand opposite one and other and take turns throwing different objects (beanbags, large balls and soft balls).

Teacher Tips

Throwing technique: Throw, release then follow through.

Teaching Points

Remind children of correct technique throughout.

Progression

Face 'side on' towards your partner (side of partner ones body facing front of partner twos) and try to catch the throw after pivoting 45 degrees.