

Year 1 Games 4

National Curriculum objectives

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.

Key Learning

- Demonstrate the dribbling skills required for football
- Demonstrate the passing skills required for football
- Demonstrate the shooting skills required for football
- Familiarise and understand the passing/movements required in rugby
- Develop the skill of tagging an opponent in rugby
- Improve passing, catching and movement skills in Rugby

Equipment

- Cones/Tall cones
- Footballs
- Hoops
- Dice
- Rugby balls (size 3)
- Tag rugby belts & tags

Key Vocabulary

Accuracy: How close you are to the target when you shoot.
Backwards: Moving into a space behind you.
Catching: Grabbing or capturing a ball in your hand.
Control: How you keep a football close and where you want it to be.
Dodging: Moving out of the way when someone tries to tag you.
Dribbling: Moving a football around skilfully and keeping it close to your feet.
Football: A game played by kicking a ball with your feet.
Forwards: Moving into a space in front of you.
Inside of foot: The side of your foot nearest to the other foot.
Passing: When you kick or throw a ball to a team-mate.
Rugby: A sport involving teamwork, throwing and running with a ball.
Sideways: Moving to the left or right.
Space: A space in the play area where no-one else is standing or moving.
Tagging: Catching another player and taking their tag.
Throwing: Sending something through the air by a movement of the arm and hand.
Try scoring: When you score a try in rugby.
Try: In rugby when you put the ball on the floor over your opponents' goal line.

Key Questions

Is it strange to throw the ball sideways?

Which is harder: passing or dribbling?

What were you practicing in the last lesson?

Which direction can you pass a rugby ball?

Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- Wear suitable footwear
- Use correct techniques
- Complete a warm-up and cool-down