

### Games Year 1 Spring Term

Games in Year 1 will focus on developing ball skills in particular. Work will be done on strengthening overarm and underarm throws in particular. There will be opportunities for invasion and team games which will encourage the children to apply their newly learnt skills

In this unit children will:

- To explore the skill of catching a ball.
- To develop travelling skills. .
- To catch a ball with two hands.
- To develop the skill of bouncing a ball.
- To develop the skill of bouncing and catching a ball.
  - To throw a ball or beanbag overarm and underarm.
  - To develop striking a ball with a bat.
  - To apply simple tactics to a game.
  - To explore rolling different equipment.
  - To explore dodging within games.
  - To explore running and jumping techniques.
  - To kick with increasing accuracy and control.

#### Equipment

- different sized balls • benches
  - cones /bean bags

#### Key Vocabulary

- bouncing – to move a ball up or away from throwing it against a surface
- Rolling – to push a ball towards someone keeping the ball on the ground.
- Apparatus - the technical equipment needed for a particular activity or purpose.
- Tactics – the skills involved with winning a game.
- Dodge – to move in different directions to avoid being caught in a game
- Throw – to send a ball /beanbag through the air towards a target.



#### Games

These will be a variety of games played which will included skills or throwing and catching both underarm and overarm. These games will encourage the children to develop rolling and dribbling skills also. It will encourage teamwork and co-operation which will develop their spatial awareness and confidence. Target practice will develop their ability to direct the equipment at a specific focus area.

