

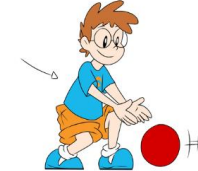


Fundamental Skills 1; You will learn basic ball skills, including aiming, throwing, catching, rolling, kicking and trapping.

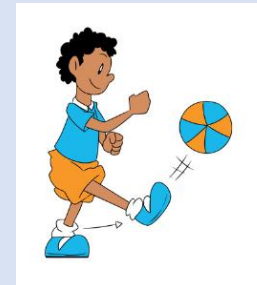
<u>PE Skills learnt prior to this unit:</u>	<u>PE Skills learnt in this unit</u>
In EYFS you learnt to <ul style="list-style-type: none"> • Kick a stationary ball with either foot. • Grasp and release with two hands to throw and catch a large ball, beanbag and other objects. 	In Year One you will learn to: <ul style="list-style-type: none"> • Stop a ball with basic control • Send a ball in the direction of another person and collect a ball • Take part in sending and receiving activities with a partner

Key Vocabulary

Direction	Way in which something/someone moves	
Safely	To do something that does not cause harm to themselves or others	
Aim (in PE)	To move something towards a chosen object/person.	
Throwing	Rolling	Catching



Kicking



Balls



Did you know?
 Throwing and catching skills helps develop hand-eye co-ordination.

