



## Physical Education – Autumn 1 - Cycle B 2023/24 – Class 1 – FMS Catching & Bouncing a Ball

<b>Knowledge (NC)</b> <b>FMS</b> To master basic movements including running, jumping, throwing, rolling & catching. <b>Character</b> Determination - To show will power when catching a ball. To keep trying at a skill I find difficult. Co-operation - To work in a small group cooperatively and to encourage each other. Self-belief - To focus on applying a tactic in a game to outwit an opponent.	<b>Markers for Assessment</b> Can cooperate with a partner. Can cooperate with group. Can help a partner to reach a goal. Can help and support teammates to reach a goal. Can follow a simple instruction. Can follow simple instructions.	<b>Below</b>	<b>Above</b>
<b>Skills</b> To demonstrate catching a ball with some accuracy.  To demonstrate catching and bouncing a ball with some accuracy.  To begin to show a simple tactic in a game.  <b>EYFS Assessment Markers</b> <b>Y1 – ALL Assessment Markers</b>	<b>Markers for Assessment</b> Bounce (hand dribble) Begin to Push the ball down with finger tips (not flat palm) The wrist controls the bounce Begin to Bounce to hip height  Catching Eyes focus on the object throughout the catch Begin to Move your body into the path of the ball Hands move to meet the object Begin to Pull the ball in toward your body i.e., cushion	<b>Below</b>	<b>Above</b>
<b>Prior Knowledge</b> <ul style="list-style-type: none"> <li>FMS from EYFS (5) -overarm throw, running, jumping &amp; catching.</li> </ul>	<b>Vocabulary</b> <b>Throw, catch, bounce, hit, move, target, opponent</b>		
<b>Prior Skills</b> <ul style="list-style-type: none"> <li>FMS – Catching a ball</li> </ul>			
<b>Questions (potential ‘hook’ questions for lessons)</b> Describe how the ball feels? Roll the ball over your body – up, down, round, down a leg or arm?	<b>Cross-Curricular/Enrichment</b> <b>SCIENCE/PSHE</b> <ul style="list-style-type: none"> <li>Healthy bodies – exercise for health</li> </ul>		

Balance the ball on flat palms? Use two hands then one, which is the easiest? Can you balance the ball on your forearms?  
Hold the ball in two hands, drop it and catch it?  
Can you beat your score?  
How can you make it easier for your partner to catch the ball?  
How can you make it harder for you partner to catch the ball?

- Gross motor skills development,