



Physical Education – Summer 1 - Cycle A 2022/23 – Class 1 – FMS Unit -Tri-Throlf

<p>Knowledge (NC) FMS To master basic movements including running, jumping, throwing, rolling & catching.</p> <p>Character Self-Belief - having confidence in own ability, and be willing to, practice to improve. Honesty – why is it important not to cheat? Being honest about performance and striving to do better with practice.</p>	<p>Markers for Assessment Keeps trying when finding tasks difficult and believe in themselves. Can focus on throwing underarm with some accuracy. Can use a simple tactic in a game to outwit an opponent. Can work cooperatively in a small group.</p>	<p>Below</p>	<p>Above</p>
<p>Skills To demonstrate an underarm throw with some accuracy.</p> <p>To demonstrate rolling an object throw with some accuracy.</p> <p>To demonstrate a side gallop.</p> <p>To show a simple tactic in a game.</p> <p>How to make the game Harder S- Increase the distance. T - Move targets behind obstacles. E - Make the targets smaller. P - Children can make targets and challenge their partners.</p> <p>How to make the game Easier S - Decrease the distance. T - One-throw targets. E - Make the targets larger. P - Player who lands nearest decides where to put the next target.</p>	<p>Markers for Assessment Side Gallop Feet face the front (not direction of travel) Chest, head, eyes face the front. Rhythmical Underarm throw Face direction of the throw Step forward with opposite foot to throwing hand. Follow through with arm. Rolling a ball Hand swings down and back behind body while chest faces forward. Step forward with opposite foot to rolling arm. Bend knees to lower body. Release ball / object close to the floor. Simple tactics – underarm Pretend to throw one way then throw the other. Simple tactics – rolling an object. Pretend to roll one way then roll the other. Look one way and roll the ball the other.</p>	<p>Below</p>	<p>Above</p>

<p>Prior Knowledge</p> <ul style="list-style-type: none"> FMS from EYFS (5) -overarm throw, running, jumping & catching. 	<p>Vocabulary</p> <p>Underarm, throw, target, focus, accurate, tactic, outwit, opponent, drive forward, aim, balance, follow through, release, backward, stable, lift, opposite, roll, sideways, north, south, east, west</p>
<p>Prior Skills</p> <ul style="list-style-type: none"> FMS Running & Overarm Throw 	
<p>Questions (potential 'hook' questions for lessons)</p> <p>What is the difference between rolling a ball and an underarm throw?</p> <p>Which piece of equipment is the easiest to roll?</p> <p>Why is it important not to cheat?</p> <p>Is using your other hand easier or harder? Why?</p> <p>Which throw do you think is the best one for accuracy?</p> <p>Which throw do you think is best for distance?</p>	<p>Cross-Curricular/Enrichment</p> <p>SCIENCE/PSHE</p> <ul style="list-style-type: none"> Healthy bodies – exercise for health Gross motor skills development,