



Physical Education – Spring 2 - Cycle B 2023/24 – Class 1 – FMS Overarm Throw

<p>Substantive Knowledge (NC)</p> <p>FMS To master a sequence of movements, including running, throwing and catching, and begin to apply these in a range of activities.</p> <p>Character Determination - To keep trying at a skill I find difficult. Concentration - To focus on throwing with accuracy. Concentration - To listen carefully to instructions and focus on the task. Concentration - To focus on applying a tactic in a game to outwit an opponent. Co-operation - To work in a small group cooperatively.</p>	<p>Markers for Assessment Begin to perform a sequence of movements including a running action, an overarm throw and a catch.</p> <p>Can perform a sequence of movements including fast-running, throwing overarm and catching, using apparatus.</p>	<p>Below</p>	<p>Above</p>
<p>Disciplinary Knowledge</p> <p>To show a fast-running technique. To demonstrate an overarm throw with some accuracy. To demonstrate an overarm throw with some accuracy, in a game. To demonstrate a simple tactic in a game.</p> <p>EYFS Assessment Markers Y1 – ALL Assessment Markers</p>	<p>Markers for Assessment Can run quickly with a stable head and body, lifting knees and driving arms. Can throw overarm, demonstrating a step forward and using opposite arm for balance and aim. Can throw away from cones/fielders. Can run quickly with a stable body. Can attempt to throw overarm. Can attempt to throw away from a cone.</p>	<p>Below</p>	<p>Above</p>
<p>Prior Substantive Knowledge</p> <ul style="list-style-type: none"> FMS from EYFS (5) – running/walking/throwing/catching <p>Prior Disciplinary Skills</p> <ul style="list-style-type: none"> FMS from EYFS (5) – running/walking/throwing/catching 	<p>Vocabulary Travel, run, stable, body, head, arm, overarm, cone, balance, fielder, beanbags, shuttlecocks, markers, hoops</p>		
<p>Questions (potential 'hook' questions for lessons) How far can you throw? Can you clap between throwing and catching? Why is our value of concentration so important? What could you do to improve your score? What did you do that helped you?</p>	<p>Cross-Curricular/Enrichment SCIENCE/Physical Development</p> <ul style="list-style-type: none"> Healthy bodies – exercise for health Gross motor skills development <p>Outdoor physical activity</p>		