



Physical Education – Spring 2 - Cycle A 2022/23 – Class 1 –1 FMS – Overarm Throw

<p>Knowledge (NC) FMS To master basic movements including running, jumping, throwing, and catching. Character Determination - To keep trying at a skill I find difficult. Character Concentration - To focus on throwing with accuracy. To listen carefully to instructions and focus on the task. To focus on applying a tactic in a game to outwit an opponent. To work in a small group cooperatively.</p>	<p>Markers for Assessment Keeps trying when finding tasks difficult.</p> <p>Can focus on throwing with some accuracy.</p> <p>Can use a simple tactic in a game to outwit an opponent.</p> <p>Can work cooperatively in a small group.</p>	<p>Below</p>	<p>Above</p>
<p>Skills To demonstrate an overarm throw with some accuracy. To show a fast-running technique. To demonstrate an overarm throw with some accuracy in a game. To demonstrate a simple tactic in a game.</p>	<p>Markers for Assessment Running Head and body stable. Knee lift Arms driving forward and backwards. Overarm Throw Stand sideways. Step forward with opposite foot to throwing arm. Hold opposite arm up for balance and aim. Follow through with arm after releasing object.</p>	<p>Below</p>	<p>Above</p>
<p>Prior Knowledge</p> <ul style="list-style-type: none"> FMS from EYFS (5) 	<p>Vocabulary Overarm, throw, target, focus, accurate, tactic, outwit, opponent, drive forward, aim, balance, follow through, release, backward, stable, lift, opposite</p>		
<p>Prior Skills</p> <ul style="list-style-type: none"> FMS from EYFS (5) 			
<p>Questions (potential 'hook' questions for lessons) What does 'being determined' mean? How far can you throw? Is using your other hand easier or harder? Why? What makes a good overarm throw? Did you focus on the task? Why does good listening help in PE? What could you do to improve your score?</p>	<p>Cross-Curricular/Enrichment SCIENCE/PSHE</p> <ul style="list-style-type: none"> Healthy bodies – exercise for health 		