PE

Games and Fundamental Skills - KS1

Key Vocabulary

throwing	jumping
catching	balancing
aiming	carrying
rolling	targets
kicking	sharing
bouncing	co-ordination

Key Knowledge and skills

Children will learn:

- To roll and receive a ball.
- To throw and catch (individually and with a partner).
- To use under-arm and over-arm throwing towards target.
- To bounce a ball individually and to a partner.
- To use a large ball with feet.
- To dribble and strike with equipment.
- To use skipping techniques.



Key Questions + Physical Wellbeing

- How many different ways can you pass a ball?
- What is the best way to throw a ball as far as you can?
- Recognise how your breathing changes after exercise?

Equipment

- balls (various sizes)
- quoits
- bean bags
- hoops/targets
- skipping rope