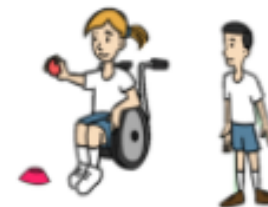




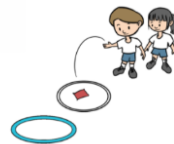
# Reception





# Ball Skills Unit, Year : Reception

## Topic : Weather

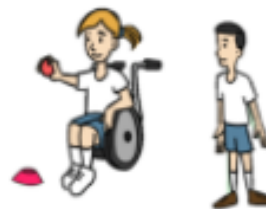


### Subject Specific Vocabulary for Games Unit, Year : Reception

Vocabulary	Definition
Roll	To throw a ball so that it rolls along the ground
Safely	To carry out an activity without causing danger, risk, or injury.
Space	An area which is free and not near anyone else
Kick	To use your foot to kick/ strike a ball
Bounce	To throw a ball so that it bounces on the floor
Team	A group of players forming one side in a competitive game or sport
Stop	A movement which comes to an end
Throw	To throw a ball/ beanbag etc
Listen	To make an effort to hear something

### Key Skills : Physical

- Rolling a ball
- Tracking a ball
- Throwing at a target
- Bouncing a ball
- Dribbling a ball with feet
- Kicking a ball



### Progression of skills ladder

<b>Sending</b> Roll and throw with some accuracy towards a target.	<b>Catching</b> Begin to catch with two hands. Catch after a bounce.	<b>Year 1</b>	<b>Tracking</b> Track a ball being sent directly	<b>Dribbling</b> Begin to dribble with hands and feet.
<b>Sending</b> Explore sending an object with hands and feet.	<b>Catching</b> Explore catching using a variety of larger balls and beanbags.	<b>EYFS</b>	<b>Tracking</b> Explore stopping a ball with hands and feet.	<b>Dribbling</b> Explore bouncing and catching.

### Key Skills : S.E.T

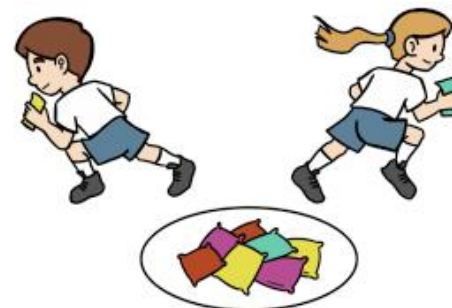
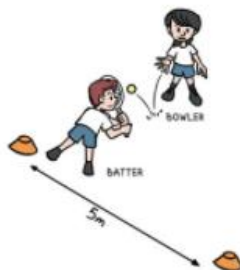
- Social : Co-operation
- Social : Sharing and taking Turns
- Emotional : Determination
- Thinking : Using tactics
- Thinking : Decision making

### Other activities that progress into this unit are:

Ball Skills  
Invasion  
Net and Wall  
Target Games  
Striking and Fielding  
Net and Wall  
Sending and Receiving



# Year 1





### Subject Specific Vocabulary for Athletics Year 1

Vocabulary	Definition
Fast	Travelling at speed
Slow	Travelling/ moving at a slow speed
Jump	Take off and land on two feet
Direction	A course along which someone or something moves
Aim	Point or direct at a target
Far	A great distance
Bend	Shape body or body part into a curve
Improve	Get better at something
Safely	in a way that gives protection from danger or risk
Travel	Go from one place to another.
Hop	Take off on one foot and land on same foot
Balance	Being steady and not moving

### Key Skills : Physical

- Running at different speeds
- Combining running and jumping
- Agility and coordination
- Jumping for distance
- Jumping for height
- Throwing for distance



### Progression of skills ladder

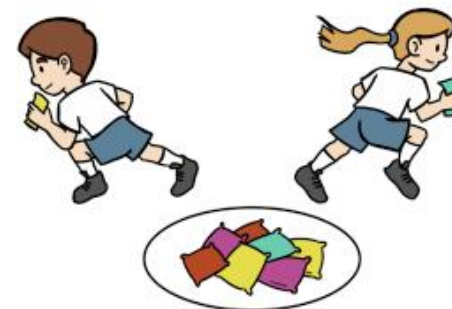
<b>Running</b> Develop the sprinting action. Explore rhythm when running over obstacles.	<b>Jumping</b> Develop jumping, hopping and skipping actions.	Year 2	<b>Jumping</b> Explore safely jumping for distance and height.	<b>Throwing</b> Develop overarm throwing for distance.
<b>Running</b> Explore running at different speeds. Explore running over obstacles.	<b>Jumping</b> Develop balance whilst jumping and landing.	Year 1	<b>Jumping</b> Explore hopping, jumping and leaping for distance.	<b>Throwing</b> Explore throwing for distance and accuracy.
<b>Running</b> Explore running and stopping. Explore running on the balls of their feet.		EYFS	<b>Jumping</b> Exploring jumping and hopping safely	<b>Throwing</b> Explore throwing to a target

### Key Skills : S.E.T

- Social: Working safely
- Social: Collaborating with others
- Emotional: Working independently
- Emotional: Determination
- Thinking: Observing and providing feedback
- Thinking: Exploring ideas

### Other units that progress into this activity are :

- Ball skills
- Fundamentals
- Games





Subject Specific Vocabulary for Striking and Fielding Games Year 1

Vocabulary	Definition
Throw	To throw an object through the air
Points	a record of points made in a game
Target	Something which you aim for, for example a come, wickets
Pass	Throwing a ball, equipment to another person
Space	An area which is free and not near anyone else
Score	a record of points made in a game
Team	A group of people on the same side
Hit	When you hit a ball with a racket or a bat
Catch	When you catch a ball

Progression of skills ladder

<b>Striking</b> Develop striking a ball with their hand and equipment with some consistency	<b>Fielding</b> Understand that there are different roles within a fielding team.	Year 2	<b>Throwing</b> Develop coordination and technique when throwing over and underarm.	<b>Catching</b> Catch with two hands with some coordination and technique.
<b>Striking</b> Explore striking a ball with their hand and equipment.	<b>Fielding</b> Develop tracking and retrieving a ball for their team.	Year 1	<b>Throwing</b> Explore technique when throwing over and underarm.	<b>Catching</b> Develop coordination and technique when catching.
<b>Striking</b> Explore sending a ball to a partner.	<b>Fielding</b> Explore tracking and stopping a rolling ball.	EYFS	<b>Throwing and Catching</b> Explore rolling, throwing and catching using a variety of equipment.	

Key Principles of STRIKING AND Fielding games

Attacking	Defending
<ul style="list-style-type: none"> <li>Score points</li> <li>Placement of an object</li> <li>Avoid getting out</li> </ul>	<ul style="list-style-type: none"> <li>Limit points</li> <li>Deny space</li> <li>Get opponents out</li> </ul>

Other units that progress into this activity are :

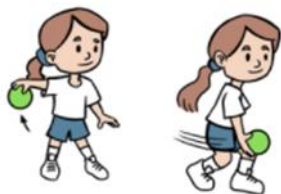
- Games
- Ball skills
- Fundamentals
- Sending and Receiving

Key Skills : S.E.T

- Social: Communication
- Social: Supporting and encouraging others
- Social: Consideration of others
- Emotional: Perseverance
- Emotional: Honesty and fair play
- Thinking: Using tactics
- Thinking: Selecting and applying skills
- Thinking: Decision making

Key Skills : Physical

- Throwing
- Catching
- Retrieving a ball
- Tracking a ball
- Striking a ball





Subject Specific Vocabulary for Net and Wall Games Year 1

Vocabulary	Definition
Solve	find an answer or explanation for something
Teamwork	Working together in a group
Lead	Taking the initiative in an action; an example for others to follow.
Direction	A course along which someone or something moves
Co-operate	Work jointly towards the same end.
Instructions	A direction or order to follow
Share	To join with others or to receive in common with others
Listen	Give ones attention to a sound
Safely	in a way that gives protection from danger or risk
Travel	Go from one place to another.

Key Skills :  
Physical

- Balancing
- Travelling actions



Progression of skills ladder

<b>Problem Solving</b> Begin to plan, and with some success, apply strategies to overcome a challenge.	<b>Navigational Skills</b> Understand how to use, follow and create a simple diagram/map.	<b>Year 2</b>	<b>Communication</b> Work cooperatively with a partner and a small group.	<b>Reflection</b> Verbalise when they were successful and areas that they could improve.
<b>Problem Solving</b> Suggest ideas in response to a task.	<b>Navigational Skills</b> Follow a simple diagram/map.	<b>Year 1</b>	<b>Communication</b> Communicate simple instructions and listen to others.	<b>Reflection</b> Identify when they were successful and make basic observations about how to improve.
<b>Problem Solving</b> Explore activities in which they make their own decisions in response to a task.	<b>Navigational Skills</b> Make decisions about where to move in space.	<b>EYFS</b>	<b>Communication</b> Develop their confidence in expressing themselves	<b>Reflection</b> Begin to identify when they were successful.

Key Skills : S.E.T

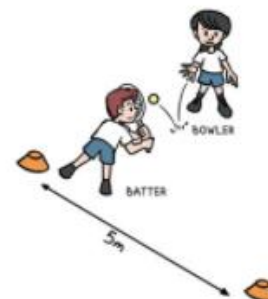
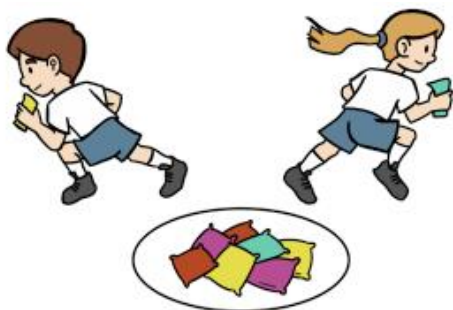
- Social: Communication Social: Sharing ideas
- Social: Inclusion
- Social: Encouraging and supporting others
- Emotional: Confidence
- Emotional: Trust
- Emotional: Honesty
- Thinking: Decision making
- Thinking: Using tactics
- Thinking: Providing instructions
- Thinking: Planning
- Thinking: Problem solving

This unit builds into :  
OAA (Outdoor  
Adventurous Activities)





## Year 2







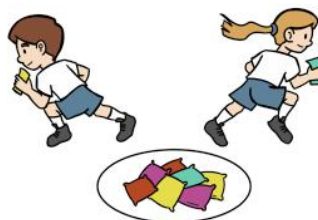
## Subject Specific Vocabulary for Athletics Year 2

Vocabulary	Definition
Speed	To move fast
Jog	Run at a steady pace
Sprint	To move as fast as possible for a short distance
Pace	The speed at which a performer runs
Balance	Being steady and not moving
Direction	A course along which someone or something moves
Take off	To leave the ground
Landing	To land on to the ground with either one or two feet
Swing	To move back and forth or side to side
Height	The measurement of something from base to top
Distance	The length of space between two points
Overarm	A throw where the arm/hand travels above the shoulder
Underarm	A throw where the arm/ hand travels below the shoulder



## Progression of skills ladder

<b>Running</b> Develop the sprinting technique and apply it to relay events.	<b>Running</b> Develop fluency and rhythm when running over obstacles	<b>Year 3</b>	<b>Jumping</b> Develop technique in a range of approaches and take off positions	<b>Jumping</b> Develop jumping for height and safety on landing.	<b>Throwing</b> Explore the technique for a pull throw
<b>Running</b> Develop the sprinting action. Explore rhythm when running over obstacles.	<b>Jumping</b> Develop jumping, hopping and skipping actions.	<b>Year 2</b>	<b>Jumping</b> Explore safely jumping for distance and height.	<b>Throwing</b> Explore throwing for distance and accuracy.	
<b>Running</b> Explore running at different speeds. Explore running over obstacles.	<b>Jumping</b> Develop balance whilst jumping and landing.	<b>Year 1</b>	<b>Jumping</b> Explore hopping, jumping and leaping for distance.	<b>Throwing</b> Explore throwing to a target	



### Other units that progress into this activity are :

- Ball skills
- Fundamentals
- Games

### Key Skills : S.E.T

- Social: Working safely
- Social: Collaborating with others
- Emotional: Working independently
- Emotional: Determination
- Thinking: Observing and providing feedback
- Thinking: Exploring ideas

### Key Skills : Physical

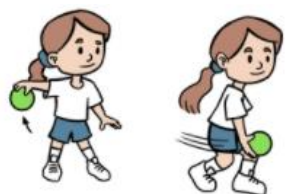
- Running at different speeds
- Combining running and jumping
- Agility and coordination
- Jumping for distance
- Jumping for height
- Throwing for distance





## Subject Specific Vocabulary for Striking and Fielding Games Year 2

Vocabulary	Definition
Send	When you throw a ball to someone
Runs	Run from one wicket to another to score points
Teammate	Someone who is on the same team as you
Received	be the player to whom the server serves the ball
Batter	A player on the batting team
Bowler	The player who starts the game by bowling to the batter
Fielder	A player on the fielding team, especially one other than the bowler or backstop / wicket keeper



### Key Skills : Physical

- Throwing
- Catching
- Retrieving a ball
- Tracking a ball
- Striking a ball

### Key Principles of STRIKING AND Fielding games

Attacking	Defending
<ul style="list-style-type: none"> <li>• Score points</li> <li>• Placement of an object</li> <li>• Avoid getting out</li> </ul>	<ul style="list-style-type: none"> <li>• Limit points</li> <li>• Deny space</li> <li>• Get opponents out</li> </ul>

## Progression of skills ladder

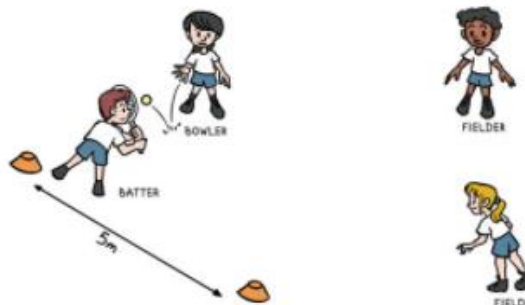
<b>Striking</b> Begin to strike a bowled ball using different equipment	<b>Fielding</b> Explore bowling and fielding skills to include a two-handed pick up and long and short barriers.	<b>Year 3</b>	<b>Throwing</b> Use overarm and underarm throwing in game situations.	<b>Catching</b> Catch with some consistency in game situations.
<b>Striking</b> Develop striking a ball with their hand and equipment with some consistency.	<b>Fielding</b> Understand that there are different roles within a fielding team.	<b>Year 2</b>	<b>Throwing</b> Develop coordination and technique when throwing over and underarm.	<b>Catching</b> Catch with two hands with some coordination and technique.
<b>Striking</b> Explore striking a ball with their hand and equipment.	<b>Fielding</b> Develop tracking and retrieving a ball for their team.	<b>Year 1</b>	<b>Throwing</b> Explore technique when throwing over and underarm.	<b>Catching</b> Develop coordination and technique when catching.

### Other units that progress into this activity are :

- Games
- Ball skills
- Fundamentals
- Sending and Receiving

### Key Skills : S.E.T

- Social: Communication
- Social: Supporting and encouraging others
- Social: Consideration of others
- Emotional: Perseverance
- Emotional: Honesty and fair play
- Thinking: Using tactics
- Thinking: Selecting and applying skills
- Thinking: Decision making





## Subject Specific Vocabulary for Net and Wall Games Year 2

Vocabulary	Definition
Solve	find an answer or explanation for something
Support	Give assistance to, help someone
Map	A diagram representation of an area
Direction	A course along which someone or something moves
Co-operate	Work jointly towards the same end
Successful	Achieving a desired aim or goal
Share	To join with others or to receive in common with others
Plan	Decide on and make arrangements before doing something
Communicate	Share or exchange information

### This unit builds into :

OAA (Outdoor  
Adventurous Activities)



### Key Skills : Physical

- Travelling actions
- Jumping
- Balancing

## Progression of skills ladder

<b>Problem Solving</b> Can plan and implement strategies to solve problems	<b>Navigational Skills</b> Developing map reading skills	<b>Year 3</b>	<b>Communication</b> Can follow and give instructions and are accepting of other peoples' ideas.	<b>Reflection</b> Can reflect on when and why they were successful at solving challenges.
<b>Problem Solving</b> Begin to plan, and with some success, apply strategies to overcome a challenge.	<b>Navigational Skills</b> Understand how to use, follow and create a simple diagram/map.	<b>Year 2</b>	<b>Communication</b> Work cooperatively with a partner and a small group.	<b>Reflection</b> Verbalise when they were successful and areas that they could improve.
<b>Problem Solving</b> Suggest ideas in response to a task.	<b>Navigational Skills</b> Follow a simple diagram/map.	<b>Year 1</b>	<b>Communication</b> Communicate simple instructions and listen to others.	<b>Reflection</b> Identify when they were successful and make basic observations about how to improve.



### Key Skills : S.E.T

- Social: Communication
- Social: Listening
- Social: Leading
- Social: Inclusion
- Emotional: Trust
- Emotional: Honesty and fair play
- Emotional: Acceptance
- Thinking: Planning
- Thinking: Decision making
- Thinking: Problem solving