

Autumn 2  
Kingfishers

PE - Target Games

*What I should already know... how to use space when moving around - how to run and perform actions safely.*

Learning Objectives

*To develop underarm throwing towards a target*

*To develop throwing for accuracy  
To develop underarm and overarm throwing at a target.*

*To develop throwing for accuracy and distance using underarm and overarm.*

*To select the correct throw for the target.*

*To develop throwing for accuracy and distance.*

Vocabulary

Balance: the ability to maintain stability when stationary (static balance) or when moving (dynamic balance)

Distance: the measurement of space

Throw: the action of propelling an item through the air by movement of force.

Underarm Throw: A technique of throwing an item, the hand stays under the elbow.

Overarm Throw: A technique of throwing an item, the hand stays over the elbow

Leading Throws: The action of hitting a moving target by aiming in front of their path.

Moving Target: A target moving in a linear or nonlinear pattern.

Static Target: A target that doesn't move.

Fundamental Skills

*Target games are games where players send an object towards a target. In this unit, pupils develop their understanding of the principles of defending and attacking for target games. Pupils use both underarm and overarm actions and are given opportunities to select and apply the appropriate action for the target considering the size and distance of the challenge. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities.*

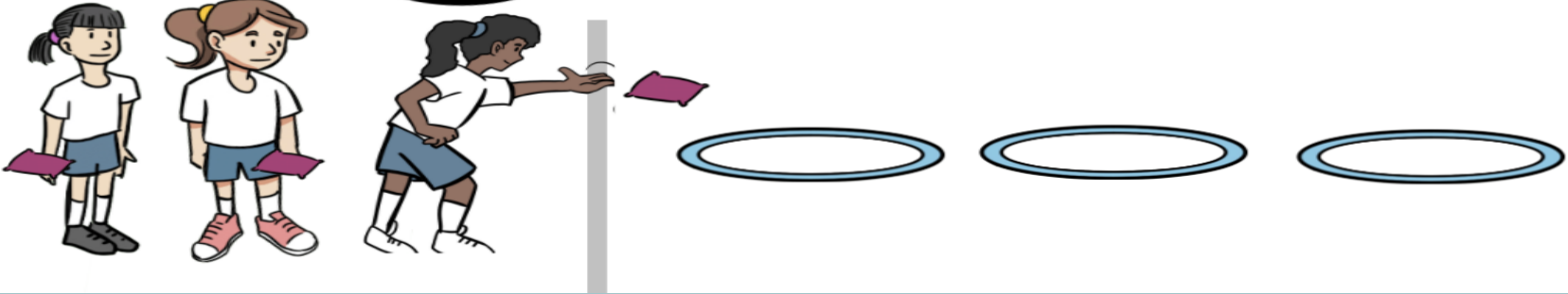
Links to the National Curriculum

KS1

*Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They should be able to engage in competitive and co-operative physical activities in a range of increasingly challenging situations.*

*Pupils should be taught to master basic movements inc. running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities.*

Great throw  
Angie!



Throw it with  
a little more  
power this  
time.

We need it to  
land in the  
middle hoop.

