

Physical Education

Topic overview – Hand and Feet 1



Year group: 1

Term: Spring 2

The unit of work will develop pupils' sending and receiving skills, applying and developing understanding of where we send a ball and why. Pupils will combine their sending and receiving skills to keep possession. Pupils will explore stopping the ball.

Prior knowledge

Pupils have explored different ways of using their hands and feet to move with a ball, keeping control.

Pupils have explored rolling, pushing and bouncing a ball with a partner.

National Curriculum Objectives

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.



By the end of this unit, I will be able to:

Doing - Pupils will be able to send a ball towards a target, applying the correct technique and aiming carefully. Pupils will also, be able to receive and stop a ball.

Thinking - Pupils will demonstrate developing concentration skills as they focus on the target, their partner and the ball.

Team Work - Pupils will develop life skills such as fairness and empathy as they work well with others and play by the rules.

Wellbeing - Pupils will develop and apply life skills such as self-belief and honesty as they strive to improve their own performance and always keep the score playing fairly.

Key vocabulary

- Dribble
- Pass
- Aiming