

Learning Objectives

- To develop control and accuracy when sending and receiving
- Explore, develop and improve fundamental movement skills
- Throw accurately at a range of
- Know how to hold a racket using the correct technique
- Send an object or ball using the racket
- Use differentiated equipment to return an object or ball
- Develop sending and receiving skills as a team
- Understand the importance of communication

FUNdamental Movement skills

→ Walking
Running
Jumping
Skipping
Hopping
Bounding
Crawling
Zig-Zagging
Climbing

→ Landing
Twisting
Pivoting
Turning
Freezing
Stretching
Reaching
Lunging
Bending

→ Throwing
Kicking
Catching
Bouncing
Dribbling
Striking
Collecting
Pushing
Pulling

Language Development

Throwing, catching, receiving, bouncing, striking, collecting, pushing, pulling, target, tactics, communication, skipping, hopping, bounding.

Expectations

- Catch a ball alone when bouncing with some success.
- Throw a ball over different distances
- Show control with a beanbag throw. Point and look at the target and control the power when throwing
- Feed a ball with accuracy. Return ball to partner.
- Throw at different height, speeds and distances.
- Hold a racket with the correct grip. Balance a beanbag on the racket. Show accuracy when sending the beanbag to a target
- Communicate with each other when working as a team. Co-operate with each other.



To achieve our very best, we will remember to use our Heads, Hearts and Hands skills.

