

What should I already know?

- Show some control when catching a ball.
- Show some control when passing, pushing, kicking or throwing an object.
- Move freely with pleasure and confidence.
- Follow simple instructions and show awareness of safety.

Gems of Knowledge

What will I do?

- Show control of a ball.
- Move the ball in different ways. Use overarm and underarm throwing techniques.
- Roll a ball with some accuracy.



What will I know?

- Recognise what I have done well.
- Understand what happens to my heart rate when taking part in exercise.
- Talk about the skills I need to play a game.

Vocabulary

FOCUS -
Apply skills - Throwing and Catching

<p>Control - Keeping the ball close to you at all times.</p>		<p>Accuracy - Moving the ball/object to where I want it to go.</p>	
<p>Overarm throw - Throwing by releasing the ball above the shoulder.</p>		<p>Heart rate - How fast your heart is beating.</p>	
<p>Underarm throw - Throwing by releasing the ball below the shoulder.</p>		<p>Success - Achieving something or doing something well.</p>	

Rules

Players may only hit the opposition below the waist. If a player is hit above the waist, they are not out.

If a ball bounces before hitting a player below waist height, they are not out.

No player can hold the ball longer than five seconds. If caught doing so, they must roll the ball gently to the other team.

When a player gets out, they must move out of the court area and sit down.