

# PE: Throwing and Catching

## Civilisation

### Prior Knowledge:

Work on PE last term – using space.

EYFS – PE skills, throwing and catching.



### Key Vocabulary

**Tier 1:** PE, exercise, ball, beanbag, throw, catch, space, looking, target, hoop,

**Tier 2:** receive, roll, bounce, send, space, direction, speed, observe, evaluate, improve.

**Tier 3:** overarm, underarm, warm-up, cool-down, track, destination.



### My Component Knowledge:

Lesson 1: I can track and receive a ball.

Lesson 2: I can change direction. I can bounce a ball with control.

Lesson 3: I can move at different speeds. I can throw and catch.

Lesson 4: I can throw and catch a ball with a partner.

Lesson 5: I can throw overarm.

Lesson 6: I can throw a quoit.

**My Composite Knowledge:** I can use my body to effectively and efficiently to control and catch objects.

**My Powerful Knowledge:** I am able to control my body to effectively pass and receive objects. I can use this skill to participate in team sports for social and health gains.



**How would you make your ball bounce higher?**



**What does our body need to do to roll the ball?**

