



Physical Education

Ball Skills Hands 2 Year 2

Unit Purpose

The unit of work will challenge pupils to apply their understanding of **underarm** and **overarm throwing** to beat their opponents.

Pupils will further extend their understanding of why we need to be accurate when we throw.

Inspire Me

Did you know... the world record for throwing a cricket ball stands at 128.6metres - that's an incredible 140 yards and two feet.



Key Success Criteria

- P** Pupils will be able to throw accurately underarm and execute a developing understanding of overarm throwing, in order to beat an opponent.
- C** Pupils will focus on their partner and team members developing an understanding of the consequences in a game when mistakes are made.
- S** Pupils will develop life skills such as communication and empathy as they listen to their partner and team members, working collaboratively together.
- W** Pupils will apply life skills such as self belief and integrity as they strive to improve their own performance, always keeping the score and playing fairly.

Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession or in control of the ball.

Defender: We are considered a 'defender' when we are not in possession or in control of the ball.

Batting: Batting is the skill of hitting a ball with a bat into a space to score runs or rounders. The aim of the game for the batter (attacking team) is to score as many runs or rounders as possible.

Fielder: A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to prevent the batter from scoring runs or a rounder.

Space: is an open area on the court that is unoccupied by your opponent or the defending team.



Sport Specific Vocabulary

Throwing: means using your arm/hand to propel a ball with force through the air to a specific target or area.

Catching: means holding the with our hands that is hit or thrown to us usually before it touches the ground.

