

PE

FLE Y1/2

Can you use your skills: to move, change direction and hit a ball in a competitive situation?



### Forever Facts

You need to watch the ball to be able to catch it.

You can catch a ball with one or two hands.

You can move around on the balls of your feet when changing direction

### Skills

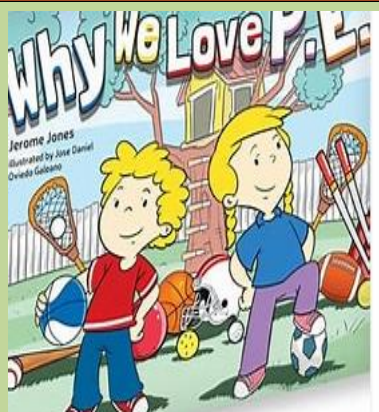
I can stay balanced whilst changing direction.

I can catch a ball with two hands.

I can demonstrate an underarm throw..

What I have learnt before: How to move safely in a large space, basic ball skills

### Exciting Books



### Our Endpoint

I can move, change direction and hit a ball in a game.

### Subject Specific Vocabulary

Underarm

To throw a ball using an upward movement with your arm.

Balance

To remain steady on one or two feet.

Instructions

Routine or rules to follow.

Personal Development: The real- life knowledge that links is: following rules and listening to instructions The jobs it can be used in are: sports athlete, sports instructor.

