



# PE

FUNDAMENTALS

CREMYLL AUTUMN 1 2023

# Can I follow instructions and move in different ways?

- ▶ We learnt to change direction quickly
- ▶ We move in sidesteps, skips, hops and bouncing.
- ▶ We had to listen carefully and follow instructions as we had to do the opposite of what the teacher said.





# Can I use control and balance to change direction and follow instructions?



Make sure you  
are travelling on  
the balls of your  
feet



I need to look  
around to make  
sure I am aware of  
my space.

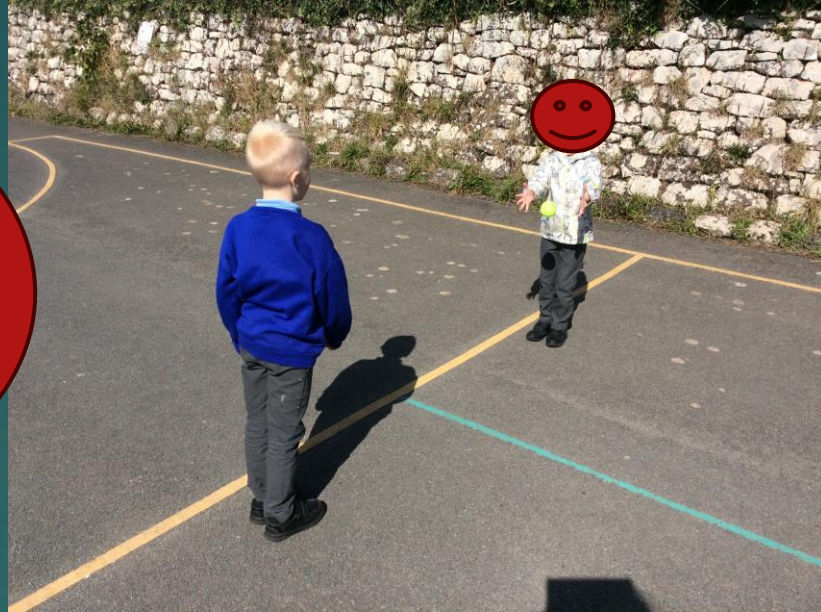
It can be tricky to  
stay balanced  
when changing  
direction quickly.





# Can you catch a ball in different ways?

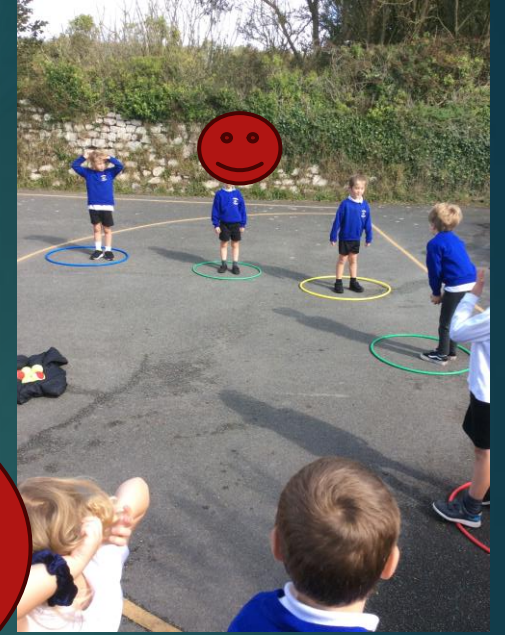
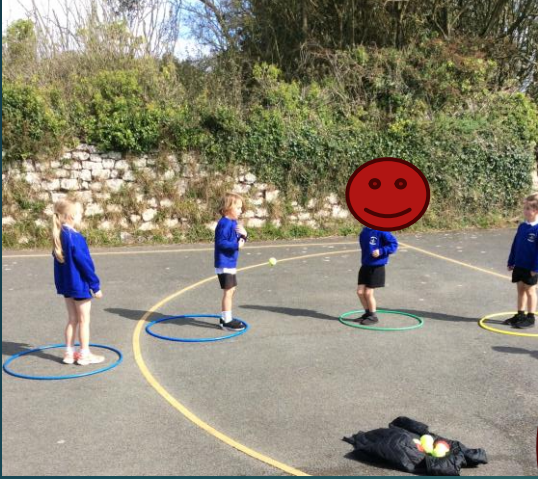
I have to keep my eyes on the ball. Bending my knees helps me to catch it.



It's harder with a tennis ball because it's smaller. If I step back more I need to throw it harder to bounce higher.



# Can you throw a ball underarm, accurately?



You should say the person's name before you throw it so they can be ready and have their hands together.

I let the ball go too high, whoops. I'll do it lower this time.



It's getting hard now there are extra balls – I have to be really quick!





# Can you hit a ball effectively?

Remembering to keep the bat low is hard. I want to hold it up high!

I have to try and keep my eyes on the ball and swing when it gets close.

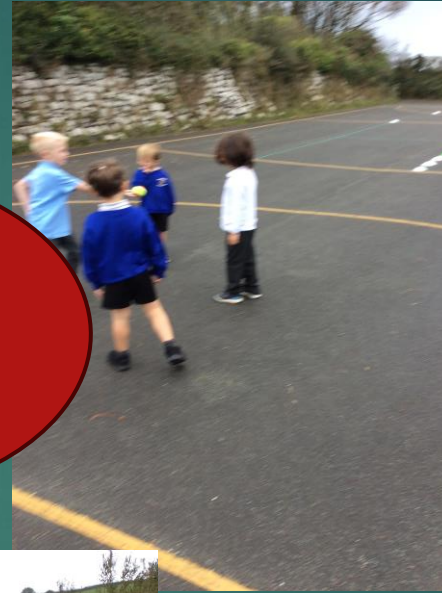




# Can I use my throwing, catching and batting skills in a game situation?



I didn't hit the ball last week but this week I did!



Can you show me how to bowl again please?







### 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

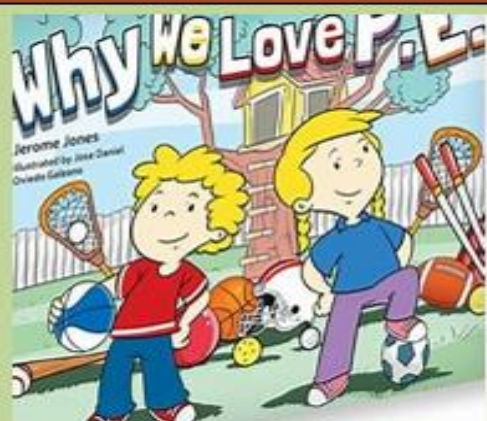
### Skills

I can stay balanced whilst changing direction.

I can catch a ball with two hands.

I can demonstrate an underarm throw...

### 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.

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