

Year 1 – Unit 5 – Physical

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 - 3	<i>To develop fundamental movement skills and extend their agility, balance and coordination, individually and with others.</i>	Coordination Sending and receiving	<ul style="list-style-type: none"> - To know how to roll a ball from hand to hand on the floor while sitting down. - To know how to roll a ball against a wall while kneeling, so it comes back to me. - To know how to do the above with a partner. - To know how to roll a ball in and out of an obstacle course or in an area avoiding others. - To know how to do some of the above using my feet instead of my hands. - To know how to roll a large ball and collect the rebound. - To know how to roll a small ball and collect the rebound. - To know how to throw a large ball and catch the rebound with two hands. 	<p>With right and left hand against a wall or with a partner (3 to 5 metre distance):</p> <ul style="list-style-type: none"> - To know how to throw a tennis ball and catch it with the same hand after one bounce. - To know how to throw a tennis ball and catch it with the same hand without a bounce.
4 - 6	<i>(To have) opportunities to extend their agility, balance and coordination.</i>	Agility Reaction/response	<ul style="list-style-type: none"> - To know how to run forward on a signal, exploring different start positions. - To know how to bounce and catch a big ball on the spot, then do the same with a small ball. - To know how to react and catch a large ball dropped from shoulder height after two bounces. - To know how to react and catch a large ball dropped from shoulder height after one bounce. 	<p>From a distance of 1, 2 and 3 metres:</p> <ul style="list-style-type: none"> - To know how to react quickly and catch a tennis ball dropped from shoulder height after one bounce.