

What can I already do?

- Children developed their movement, balancing, riding (scooters, trikes and bikes) and ball skills.

Key skills

Throw - Underarm Catch –

Bounce, catch throw and catch

Walk/Run - In different directions
- with a racket in their hand

Co-ordination -Hand-eye

Balance- Moving with ball on
racket Strength- Holding racket

Thinking Me - To improve my
performance

Value Me: - Determination Try,
try, try again

Key Vocabulary and definitions

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| Throw | To launch an item from your hand at a target or person |
| Catch | To hold your hands out to collect something that is heading in your direction |
| Run | To move at speed using your legs |
| Ready | To show that you can accept something that is being thrown at you |
| Racket | A piece of equipment that is used to hit a ball it is circular |
| Underarm | To type of throw or hit with a racket that is completed using an underarm movement (Lower movement) |
| Bounce | To throw the ball against a solid surface for it to come back to you |
| Balance | To hold a stance |

Key knowledge

Catch - Watch the ball, make a basket with your hands when you catch and cradle the ball

Underarm throw- Opposite arm and opposite leg, point to where you want the ball to go to

Grizzly Bear- Bend knees, stand in the ready position.

Forehand- Hold the racket, fingers and palm of hand face forward

Backhand- Hold the racket, back of hand faces

Prior learning:

Prior Learning: In preschool and throughout Reception, children began to develop fundamentals of movement e.g. walking, running, jumping, hopping, skipping.

They began to throw and catch a tennis ball and were also introduced to balancing a ball on a racket