

Ashtree Primary School and Nursery Medium Term Plan for PE

Nur Ball Skills AUTUMN TERM

Key Vocabulary

Accuracy Control Power Space Aim Scoring Hitting Pushing Sharing

The unit of work will explore why we need to follow the rules and keep the score during a game. Pupils will learn how to apply very simple tactics for attacking and defending in games.

Key Skills

Step 1 – To recap the Ground Rules for PE

Step 2 - The focus of the learning is for pupils to explore different ways of keeping a balloon up in the air.

Step 3 - The focus of the learning is for pupils to develop their ability to keep a balloon up in the air using their hands.

Step 4 - The focus of the learning is for pupils to continue to develop their ability to keep a balloon up in the air using their hands.

Step 5 - The focus of the learning is for pupils to explore different ways of hitting a balloon into space.

Step 6 - The focus of the learning is for pupils to explore different ways of balancing an object (beanbag, balloon and a ball) using a racket/bat.

Step 7 - The focus of the learning is for pupils to develop different ways of balancing an object (beanbag, balloon and a ball) using a racket/bat.

See Complete PE - EYFS Ball Skills – Rackets, Bats, Balls and Balloons.

Key Knowledge

Pupils will be able to push/hit their balloon with both hands, keeping control. Pupils will also be able to balance their object on their racket/bat.

Pupils will be able to focus on the balloon /object and use their rackets/bats safely. Pupils will understand why we send the balloon into space when hitting.

Pupils will show a developing understanding of fairness and empathy as they play by the rules and encourage others

Accuracy: is the ability to control where we push/hit (send) our balloon.

Space: is an open area on the pitch that is unoccupied by a defender or the defending team. The attackers need to identify an open space to run into to avoid being tagged by a defender.

Sharing: to ensure that a game is played fairly pupils should be encouraged to share and take turns.

Control: means keeping the balloon close to us, preventing it from touching the floor

Hitting: means striking the balloon with our hand with purpose. The person hitting the balloon will strike the balloon with their hands towards a target or towards an open space.

Pushing: is a method of sending our balloon using our hands. The person pushing the balloon will extend their hands away from their body to direct the balloon in the air, towards a target or towards an open space

Possible Misconceptions

Sport specific vocabulary sounds like fighting and being unkind.

Pupils will hold the bat/racket the wrong way round

This will lead to . . . Y1 Attack v Defence Games for understanding.

The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity.