

# *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.