

National Curriculum

Pupils should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to: use running, jumping, throwing and catching in isolation and in combination
Play competitive games, modified where appropriate.
Take part in outdoor and adventurous activity challenges both individually and within a team.

Personal Best

How many times can you throw a tennis ball into the air and catch it in 45 seconds?

Skills:

Participate in team games
Throw under arm and over arm

Catch a tennis ball
Hit a ball with a racket
Understand **most** of the rules of striking games.

Equipment:

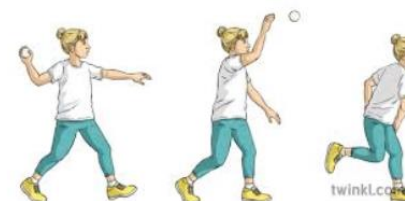
Bat, Tennis Balls, Cricket Set, Cones, Hoops
(for target practice)

Games to Play to Practice the Skills:

Cricket, Rounders
See Tops Cards for game ideas

Examples of Throwing

Over Arm



Under Arm



Vocabulary

Participate	To actively take part in the game
Underarm Throw	With your arm by your side, you do a backward-forward swing of the hand to release a ball
Overarm Throw	Throwing a ball with your arm high above your head. Remember to have the opposite foot forward.

