



Waterbeach Community Primary School

Curriculum Capture for Year 2

PE: Outdoor Games: Fundamentals 1

Theme: Healthy Living

Key Knowledge

Rolling, throwing, bouncing and catching skills

Ball skills with control, focusing on dribble, kick and receive.

Rolling

- To roll the ball successfully swing arm back and then forward, release ball onto the ground, bend the knees.

Bouncing

- To bounce the ball successfully; two handed push to the ground for big balls, one handed push for smaller balls.

Throwing and Catching

- Look, aim, and use the arm to throw the ball in the right direction. Throw to head height and catch with two hands. Palms open then pull fingers around the ball. Show how your eyes are watching the ball. Hold the ball tightly.

Dribbling

- Dribble a ball forwards with feet from one line/cone to another, stopping the ball at the line/cone with a foot on the ball.
- Stop the ball by placing the foot on top of the ball.
- Keep the ball under control and close to their feet.
- Use the inside of the foot/feet, not the toes.
- Ball should be kept close to the feet,

Passing

- Use the inside of the foot to pass and using the inside of foot to cushion ball and bring the ball under control.
- Place the opposite foot by the ball, look at the ball.
- Follow through so that leg aims at where the pupil wants the ball to travel to.

Balance and control whilst moving in different directions.

Observe and describe throwing, catching and striking skills and use the information to improve.

- Move about the space changing direction with control and avoid others.
- Hold the balance for three seconds.
- Keep still, in control, with head still and arms out.

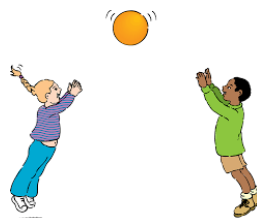
- Did the game focus on accuracy? How?
- Vary the size/ shape of the playing area; vary the height of the line, i.e. use marker cones/skittles; vary the size/type of ball; vary the position of the hoops.
- Aim for either side of their partner to encourage lateral movement in both directions and use of both sides of the body.

Vocabulary

Aim	Point or direct at a target.
Accuracy	The quality or state of being correct or precise.
Balance	An even distribution of weight enabling someone or something to remain upright and steady.
Control	Exercise restraint or direction over; dominate; command.
Direction	The course along which someone or something moves.
Travel	To move from place to place.
Lateral Movement	Movement at, towards, or from the side.



Bouncing



Throwing and catching



Dribbling

Key Skills

Refine the skills of running successfully, changing directions on the move.

Develop throwing, catching, striking and dribbling skills and play small games.