

Year One: Send and Return Unit 1

Sequence of Learning

- To slide and receive a ball/ beanbag
- To explore different ways of sending a ball
 - Moving towards and returning balls
- To work with a partner to receive and send balls to score points against opposition
 - To play in a rally
- Hitting over a bench/ net to score points

Key Questions:

- Where should you try to shoot to score goals?
- Which ways of hitting the ball were easier and harder?
- Why is it harder for your partner if you throw to the corners?
- How do you work well as a team?
- What is a successful rally?
- What do you need to do differently to hit over a bench?

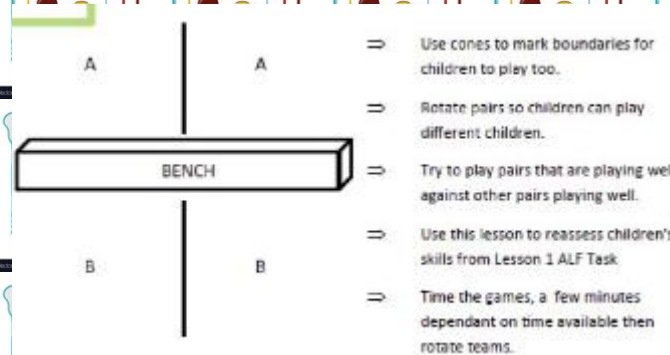
National Curriculum Key Skills

- Throw, hit and kick a ball in a variety of ways, depending on the needs of the game
- Choose different ways of hitting, throwing, striking or kicking the ball

Summer 1

Final Outcome:

2v2 game using benches to hit over



Equipment needed:

A variety of balls, bats/ racquets, cones, hoops, targets, button cones, hoops, quoits, balloons

Key Vocabulary

Hit, send, collect, stop, net, throw, net, throw, catch, bowl, feed, pick up, batter, hitter, forehand, backhand, court.