

# HOLY TRINITY CATHOLIC ACADEMY

## MEDIUM TERM PE CURRICULUM PLANNER – THROWING & CATCHING

### **INTENT:**

Develop active and healthy lifestyles in all children;  
To engage children in a range of different sporting and physical activities;  
To develop the children's physical, emotional and social wellbeing.

**EYFS** – Our PE curriculum learning journey begins in the Early Years' Foundation Stage's 'Physical Development; curriculum and all subsequent learning is built upon these foundations. (See Separate EYFS Medium Term Plans for further detail)

### **During the Nursery, almost all children will be able to:**

Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.  
Go up steps and stairs, or climb up apparatus, using alternate feet.  
Skip, hop, stand on one leg and hold a pose for a game like musical statues.  
Use large-muscle movements to wave flags and streamers, paint and make marks.  
Start taking part in some group activities which they make up for themselves, or in teams.  
Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.  
Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.  
Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.  
Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.

### **During F2, almost all children will be able to:**

Revise and refine the fundamental skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing

Progress towards a more fluent style of moving with developing control and grace

Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical discipline including dance, gymnastics, sport and swimming

Combine different movements with ease and fluency

Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group

Develop overall body strength, balance, co-ordination and agility

Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming

Develop confidence, competence, precision and accuracy when engaging in activities that involve in ball

## Physical Development ELG:

### Gross Motor Skills

• Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

The children will have explored this through a variety of means – weekly Forest School sessions, different learning themes, stories and links to the Book of the Week, outdoor learning opportunities, continuous provision, visits etc. Links also will have been made to other aspects of the EYFS curriculum. Refer to the separate EYFS section on the website for further information.

## PE KSI and 2 Overview

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
Y1/2 Year A	Gymnastics  Team Games – throwing & catching skills	Dance  & Dance linked to Nativity Play	Yoga  Team games: Kicking & Dribbling	Gymnastics  Team Games: Kicking & Dribbling	OAA  Striking & Feilding: Cricket	Athletics  Striking & Fielding: Rounders
Y1/2 Year B	Gymnastics  Team Games – throwing & catching skills	Dance  & Dance linked to Nativity Play	Yoga  Team games: Kicking & Dribbling	Gymnastics  Team Games: Kicking & Dribbling	OAA  Striking & Feilding: Cricket	Athletics  Striking & Fielding: Rounders
Y3/4 Year A	Gymnastics  Competitive Games: Hockey	Dance  Competitive Games: <b>Handball</b>	Circuits  Competitive Games: <b>Basketball</b>	Competitive Games: <b>Netball</b>  Dance linked to Easter Play	OAA  Striking & Feilding: <b>Cricket</b>	<b>Athletics</b>  Striking & Fielding: <b>Rounders</b>
Y 3/4 Year B	Gymnastics  Competitive Games: Rugby	Dance  Competitive Games: <b>Football</b>	Circuits  Competitive Games: <b>Basketball</b>	Competitive Games: <b>Netball</b>  Dance linked to Easter Play	OAA  Striking & Feilding: <b>Cricket</b>	<b>Athletics</b>  Striking & Fielding: <b>Rounders</b>
Y5/6 Year A	Gymnastics  Competitive Games: Hockey	Dance  Competitive Games: <b>Handball</b>	Circuits  Competitive Games: <b>Basketball</b>	Swimming/Circuits  Competitive Games: <b>Netball</b>	OAA/Swimming  Striking & Feilding: <b>Cricket</b>	Swimming <b>Athletics</b> Striking & Fielding: <b>Rounders</b>
Y5/6	Gymnastics  Competitive Games: Rugby	Dance  Competitive Games: <b>Football</b>	Circuits  Competitive Games: <b>Basketball</b>	Swimming/Circuits  Competitive Games: <b>Netball</b>	OAA/Swimming  Striking & Feilding: <b>Cricket</b>	Athletics  Striking & Fielding: <b>Rounders</b>

Year B						
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**HOLY TRINITY CATHOLIC ACADEMY**

**PE MEDIUM TERM PLANNER – KSI THROWING & CATCHING**

<b>YEAR</b>	<b>KNOWLEDGE</b>	<b>VOCABULARY</b>	<b>SKILLS</b>
Y1/2 Year A and B  <b>To be re-visited and consolidated in second year of rolling programme</b>	<p><b>To know how warm up and cool down.</b></p> <ul style="list-style-type: none"> <li>Gradually increase HR and blood circulation</li> <li>Increase body temperature</li> <li>Improves efficiency of muscular actions</li> <li>Prepares the joints &amp; associated muscles to function to their full range of movement</li> </ul> <p><b>To be able to throw underarm or overarm.</b></p> <ul style="list-style-type: none"> <li>Overarm throwing : Hold the ball correctly, between the fingers and thumb. Bring your throwing arm straight back over your shoulder.</li> <li>Underarm throwing. Grip the ball as in overarm throwing. Put weight on your back foot, swing arm backwards. Swing forward – step onto front foot. Release ball with a flick of the wrist. The ball is rolled off the fingers, not the palm.</li> </ul> <p><b>To throw and catch in different ways.</b></p> <ul style="list-style-type: none"> <li>Push Throw: The throw begins from in front of the body close to the chest, neck or chin and can be one or two-handed. The thrower forces the implement forwards with a powerful pushing action.</li> <li>Pull Throw: The throw begins from behind the shoulders and can be one or two-handed. The thrower forces the implement forwards with a fast pulling action.</li> <li>Fling Throw: The fling throw is an underarm throw and can be performed facing the target for accuracy or by standing side on from the direction of the throw when generating force. The throwing implement is released midway between the waist and shoulder.</li> <li>Cup/bowl catch (for tennis ball): Place hands together with little fingers touching each other. Curve fingers up to create a cup/bowl shape. When catching, pull hands towards body to stop the ball bouncing out.</li> <li>Scoop catch (for large ball): Similar to cup catch, however place hands next to each other with a small gap in between. Fingers spread apart. When catching, scoop hands up towards body to stop the ball bouncing out.</li> </ul> <p><b>To know how to throw for distance</b></p> <ul style="list-style-type: none"> <li>To begin developing awareness of distance and weight.</li> <li>To start learning to throw in a coordinated way for distance.</li> <li>To try learning to throw a range of different throwing implements. Shoulder stability and mobility exercise will help prepare the upper body for throwing activity. If the activity is taking place outside on damp or cold ground some of these exercises could be done standing against a wall instead.</li> </ul> <p><b>To know how to throw for accuracy</b></p> <ul style="list-style-type: none"> <li>To develop awareness of distance and weight.</li> </ul>	Underarm Overarm Distance Throwing Release Midway Co-ordination Distance Weight Accuracy  throw catch skill fling	Throw underarm and overarm.  Throw a ball towards a target with increasing accuracy.  Improve the distance they can throw by using more power

	<ul style="list-style-type: none"><li>• To begin learning to throw in a coordinated way for accuracy.</li><li>• To continue learning to throw a range of different throwing implements.</li><li>• To throw at a target with accuracy, a target will help develop accuracy.</li></ul>		
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