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

HOLY TRINITY CATHOLIC ACADEMY           PE MEDIUM TERM PLANNER – KSI THROWING & CATCHING           TEAR         KNOWLEDGE           Via         Skills           Other existed         Own how warm up and cool down.           Gradually increase HR and blood circulation         Underarm           Increase body temperature:         Vocabulary         Skills           Ore re-wisited         Overarm throwing: Hold the ball correctly, between the fingers and thumb. Bring your throwing arms, stapic back over your shoulder.         Throw and all towards a target with increasing accuracy.           Oregramme         Overarm throwing: Hold the ball correctly, between the fingers and thumb. Bring your throwing arm throwing arm throwing arm throwing arm throwing arm throwing arm throwing the ball as in overarm.         Underarm throwing: Hold the ball correctly, between the highers and thumb. Bring your throwing arm throw the distance the pain.         Underarm throwing: Fire the ball is in overarm throwing arm throw and can be pain.         Underarm throw the pains from in front of the body close to the chast, neck or chin and can be one or two-handed. The throw begins from being the shoulders and can be one or two-handed. The throw the finger should be thrower forces the implement forwards with a powerful pushing action.         Hing           • Full Throw: The throw begins from being the shoulders and can be one or two-handed. The thrower forces the implement forwards with a powerful pushing action.         Hing throw: The throw begins from the firect on the throw whene generating force. The throwing arm the alte to the throw whene g	Year			
PE MEDIUM TERM PLANNER – KSI THROWING & CATCHING           TEAR         KNOWLEDE         VOCABULARY         SKILLS           (1/2)         To know how warm up and cool down.         Underarm         Throw underarm and Overarm         Overarm         Throw underarm and Overarm.           Fo be re-visited and consolidated na sccond year)         • Frepares the joints & associated muscles to function to their full range of movement         Throw a ball towards a range twith increasing accuracy.           To be able to throw underarm mor overarm.         • Overarm throwing. Hold the ball correctly, between the fingers and thumb. Bring your throwing 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.         Throw able towards a throw to throw by using more accuracy.           To throw and catch in different ways.         • Puth Throw. The throw begins from behind the shoulders and can be one or two-handed. The thrower forces the implement forwards thouge acton.         Fling Throw. The fing throw is a underarm throw and can be performed facing the target for accuracy or by standing side on from the direction of the throw wheng enerating force. The throwing implements ireleased midway between the wait and shoulder.	B			
FEAR         KNOWLEDGE         VOCABULARY         SKILLS           1/12         To know how warm up and cool down.         Gradually increase HR and blood circulation         Underarm         Overarm         Overarm         To know how warm up and cool down.         Gradually increase HR and blood circulation         Underarm         Overarm         Overarm         To ward actions :         Increase body temperature :         Increase body temperature :         Throw underarm and overarm.         Distance         Throw in getexet         Throw in getexet         Throw a ball towards a target with increasing accuracy.         Co-ordination         Distance         Throw a ball towards a target with increasing accuracy.         Co-ordination         Distance         Nore are write.         Improve fideicand, for 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.         To throw and catch in different ways.         Four ward catch in different ways.         Four word catch. In throw the gins from in front of the body close to the chest, nack or chin and can be one or two-handed. The throw being from beind the shoulders and can be one or two-handed. The throw the gins from in front of the body close to the chest, nack or chin and can be one or two-handed. The throw the gins from in front of the body close to the chest, nack or chin and can be one or two-handed. The throw the gins from in front of the throw words words to too toor.         Four the throw the throw the gins towards with a poweriful pushing action.		HOLY TRINITY CATHOLIC ACADEMY		
To know how warm up and cool down.       Underarm       Gradually increase HR and blood circulation       Increase body cemperature       Throw underarm and overarm.         To be re-wisited in second year of outgrammed to the ball correctly. between the fingers and thumb. Bring your throwing 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 paim.       Throw and catch in different ways.       To throw and catch in different ways.       To throw that wards with a powerful public grad. The throw by using more power         Public throw for throw the stand stouder.       Public throw the stand ball. 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 publing action.       Improve the distance they carching ball. Similar to cup catch, however place hands next to each other. Curve fingers up to create a cupbowl shape. When catching, scoop hands up towards body to stop the ball bouncing out.         To know how to throw for distance       To begin developing wareness of distance and weight.       To begin developing awareness of distance and weight.         To try learning to throw an accordinated way for distance.       To brow how to throw for accuracy       To brow and catch prove a distance and weight.         To know how to throw for accuracy       To brow a distance of distance and weight.       To try learning to throw a range of different throwing implements. Shoulder stability and mobility exercises will help prepare the upper body for throwing against a wall instead.				
fear A and B       • Gradually increase HR and blood circulation       Overarm       Distance       Overarm       Distance       Distance       Throw a ball towards a target with increasing account of the ball contraction to their full range of movement       Distance       Throw a ball towards a target with increasing account of the ball contraction to their full range of movement       Throw a ball towards a target with increasing account of the ball contraction, between the fingers and thumb. Bring your throwing and the ball contraction to the ball to the ball contraction to the ball to the ball contraction.       Throw a ball towards a target with increasing account of the ball contraction to the ball to the ball contraction.       Throw a ball towards a target with increasing account of the ball contraction.         • Overarm 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 of the fingers, not the palm.       To throw and catch in different ways.       Throw the distance they can throw by using more account or work and the throwe forces the implement forwards with a powrul pushing action.       Throw the distance they can throw by the catch bash of the throw being from behind the shoulders and can be one or two-handed. The throw ball more action and finger throw the and under action of the throw when generating fore. The throwing account or by the tow when generating the target for account of the throw in throw the and thought to stop the ball bounding out.       Throw the distance they can throw by using more account of the throw when generating the target throwing timplement is released midway between the mastand shoulder.       Throw the distance they c	YEAR		VOCABULARY	
Lo develop awareness of distance and weight	Y1/2 Year A and B To be re-visited and consolidated in second year of rolling programme	<ul> <li>Gradually increase HR and blood circulation <ol> <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> </ol> </li> <li><b>To be able to throw underarm or overarm.</b> <ol> <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> </ol> </li> <li><b>To throw and catch in different ways.</b> <ol> <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 bourcing out.</li> </ol> </li> <li><b>Scoop</b> 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 bourcing out.</li> <li>To know how to throw for distance</li> <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 i</li></ul>	Overarm Distance Throwing Release Midway Co-ordination Distance Weight Accuracy throw catch skill	overarm. Throw a ball towards a target with increasing accuracy. Improve the distance they can throw by using more

To begin learning to throw in a coordinated way for accuracy.	
<ul> <li>To continue learning to throw a range of different throwing implements.</li> </ul>	
<ul> <li>To throw at a target with accuracy, a target will help develop accuracy.</li> </ul>	