**Our Lady of Lincoln Catholic Primary School**

**Throwing and Catching Curriculum**



**PE Whole School Long Term Overview**

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|  | Project 1 | Project 2 | Project 3 | Project 4 | Project 5 | Project 6 |
| YEAR 1 | Gymnastics**Can we know and perform a series of jumps?** | Dance(other cultures)**Can I create a simple African dance sequence?** | Athletics**Can I run for a variety of purposes?** | Throwing & Catching Skills**Can I throw and hit a target?** | Striking & Fielding Skills**Can I strike a ball in different games?** | Floor Ball SkillsPassing & Receiving**Can I pass the ball in a game?** |
| YEAR 2 | Gymnastics**Can you perform balances in different ways?** | Dance(musical theatre)**Can dance represent a character?** | Athletics**Can I run for speed and distance?** | Swimming | Football**Can I pass the ball in different ways?** | Rounders**Can I field in a rounders game?** |
| YEAR 3 | Gymnastics**Can I perform balances, jumps and rolls in a sequence?** | Dance (Film Soundtracks)**Can I tell a story using dance?** | Athletics**Can I run and jump over hurdles?** | Swimming | Cricket**Can I strike a ball accurately for distance?** | Netball**Can I shoot a netball successfully?** |
| YEAR 4 | Gymnastics**Can I use a vault to perform gymnastics movements?** | Dance(Rock and Roll)**Can I perform my own rock and roll dance sequence?** | Athletics**Can I execute a range of throws?** | Swimming | Rounders**Can I use my throwing and catching skills to support my team?** | Hockey**Can I play a game of hockey and follow the rules?** |
| YEAR 5 | Gymnastics**Can I perform a range of complex jumps in gymnastics?** | Dance(Street Dance)**Can I use popping and locking in a street dance sequence?** | Athletics**Can I perform a long distance jump?** | Swimming | Cricket**Can I field well to help my team in a game of cricket?** | Football**Can I keep and win back possession in a game of football?** |
| YEAR 6 | Gymnastics**Can I perform group sequences?** | Dance(Samba / Carnival)**Can we perform a samba routine?** | Athletics**Can I run over a sustained distance?** | Swimming  | Rounders**Can I use fielding techniques to help my team in Rounders?** | Rugby**Can I pass a ball in a rugby game?** |

**Year 1 PE Programme of Study**

**Project:**   Throwing and catching.

**Question:**  Can I throw and hit a target?

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| **Curriculum aims**: Be positive, Be respectful, Be resilient, Be independent, Be knowledgeable, Be ambitious, Be confident.  |
| **Curriculum drivers**: **Communication, Health, World Citizen, Beliefs, Aspiration** |
| **Key Knowledge (the non-negotiable facts)****To know statements:-****Ask the project question at the start of the unit:****To gain aspiration for throwing, watch examples of athletes throwing (Aspiration)*** *Athletics - hammer, javellin, discus, shotput*
* *Team sports - rugby, cricket*

**To know how warm up and cool down.**(**Health**) * *Gradually increase HR and blood circulation*
* *Increase body temperature ∙*
* *Improves efficiency of muscular actions ∙*
* *Prepares the joints & associated muscles to function to their full range of movement*

**To be able to throw underarm or overarm.*** *Overarm throwing : Hold the ball correctly, between the fingers and thumb. Bring your throwing arm straight back over your shoulder.*
* *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.*

**To throw and catch in different ways.*** *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.*
* *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.*
* *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.*
* *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.*
* *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.*

**To know how to throw for distance*** *To begin developing awareness of distance and weight.*
* *To start learning to throw in a coordinated way for distance.*
* *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.*

**To know how to throw for accuracy*** *To develop awareness of distance and weight.*
* *To begin learning to throw in a coordinated way for accuracy.*
* *To continue learning to throw a range of different throwing implements.*
* *To throw at a target with accuracy, a target will help develop accuracy.*

**Refer back to the project question at the end of the unit:** | **Physical skills from progression document**Throw underarm and overarm. Throw a ball towards a target with increasing accuracy. Improve the distance they can throw by using more power | **Core vocabulary:****Tier 3**UnderarmOverarmDistanceThrowingReleaseMidwayCo-ordinationDistanceWeightAccuracy**Tier 2**throwcatchskillfling |
| **Curriculum threads to be covered:-**Reading – N/AComputing – N/ABritish Values:* To enable students to develop their self-knowledge, self-esteem and self-confidence *(to develop these skills when learning different throwing techniques; to grow in confidence when throwing at a target with accuracy).*
* To encourage respect for other people *(to develop respect for others when they aim to throw at targets with accuracy).*

PSHE – Health and Wellbeing ˃Healthy Lifestyles- CORAM Life Education- ***Eat Well*** (Year 1)              Health and Wellbeing ˃Healthy Lifestyles- CORAM Life Education- ***I can eat a rainbow***  (Year 1)              Health and Wellbeing ˃Healthy Lifestyles- CORAM Life Education- ***Healthy Me*** (Year 1)              Health and Wellbeing ˃Healthy Lifestyles- CORAM Life Education- ***Super Sleep*** (Year 1) |
| **Previous learning which will support the learning and skill development in this topic:**Year RELG 04-Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writingELG 05-Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe |