KS1 PE: Multi Skills (Bat and Ball)

Prior Learning

Children have…

- Developed their overall strength, balance, coordination and agility.
- Combined different movements and can perform these with ease, fluency and control.
- 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 a ball.



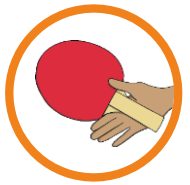
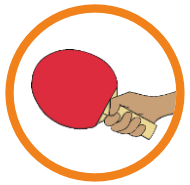



Vocabulary

- Bat, racket, handle, grip, ball, hit, strike, aim, target, catch, throw, roll, track, cooperate, distance, accuracy, control, height, practise

Did you know?
Different types of **bats** and **rackets** require a different **grip.**

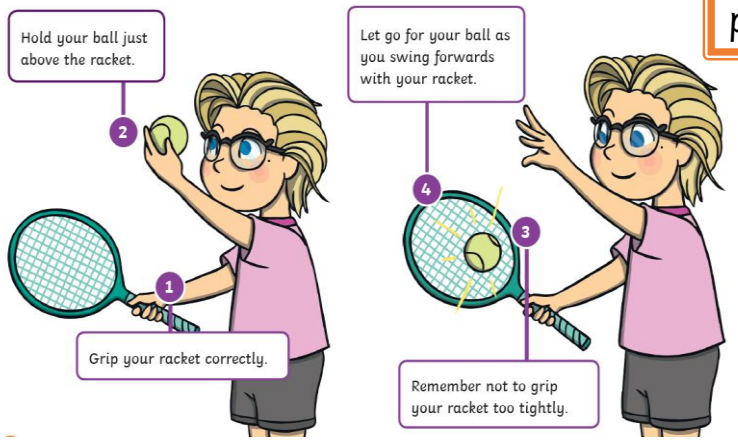
Sticky Knowledge

To hold a **racket,** you pretend you are shaking someone's hand and then wrap your fingers around the **handle**.

We need to practise **aiming** at **targets** as this will help us when we come to play sports like:

Hitting the ball



Tennis



Cricket



Badminton

