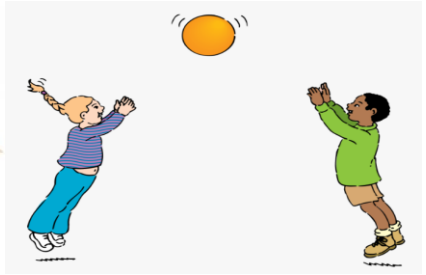
KS1 PE: Multi Skills (Throw and Catch)

Prior Learning

Children have…

- Developed their overall strength, balance, coordination and agility.
- Developed their throwing and catching skills and applied these to a variety of different games.
- Participated in some competitive games, including with themselves or as part of a team.







Vocabulary

- Throw, height, distance, power, overarm thrown, underarm throw, control, accuracy, body position, movement, roll, catch, dodge, bounce, teamwork.

Sticky Knowledge

Many sports require us to use **throwing** and **catching** skills in different ways. Can you name any other sports?



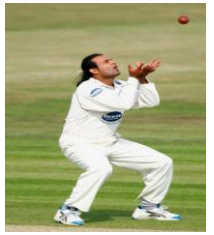
Rugby



Football



Netball



Cricket

Overarm throw



1. Body sideways on, arm bent, other arm pointing at target.

2. Move weight from back to front foot, release object over and past your head.

3. Follow through with your throwing arm.