

## Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

## Examples of Target Games

<b>Golf</b>	<b>Boccia</b>	<b>Bowls</b>
<b>New Age Kurling</b>	<b>Dodgeball</b>	<b>Archery</b>

## Key Vocabulary:

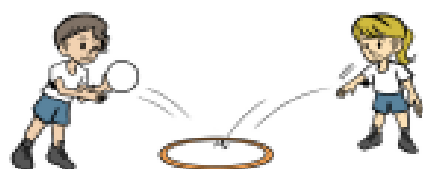
- release
- accuracy
- opposite
- strike
- target
- ahead
- select
- object
- distance

## Key Skills: Physical

- Throwing
- Kicking
- Rolling
- Striking
- Aim
- Hand eye co-ordination

## Key Skills: S.E.T

- Social: Communication
- Social: Collaboration
- Social: Kindness
- Social: Support
- Emotional: Honesty
- Emotional: Perseverance
- Emotional: Independence
- Emotional: Manage emotions
- Thinking: Select and apply
- Thinking: Using tactics
- Thinking: Decision making
- Thinking: Provide feedback
- Thinking: Problem solving



## Teacher Glossary

**Release:** The point at which you let go of an object.

**Target:** The object that is being aimed for.

**Co-ordination:** The ability to move two or more body parts at the same time.