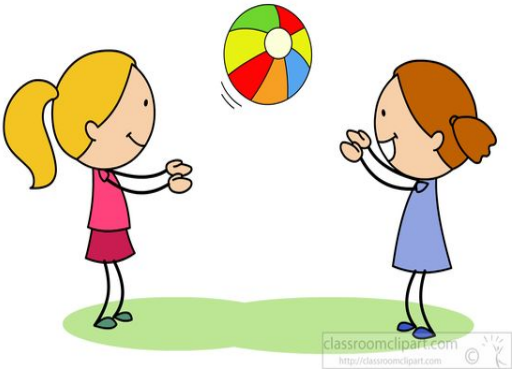


## Caroline Haslett Primary School - PE

Topic: Games	Year 1	Multi-Skills
<p><b>Knowledge</b></p> <ul style="list-style-type: none"> <li>• Understands how to pick up and throw a ball in one motion</li> <li>• Understands the techniques for shooting accurately to a target</li> <li>• Understands the techniques for throwing and receiving different equipment</li> <li>• Understands stacking and defending principles</li> </ul>		<p><b>Vocabulary</b></p> <ul style="list-style-type: none"> <li>• <b>Travelling skills</b> - running, hopping, skipping</li> <li>• <b>Sending skills</b> - rolling, kicking, throwing</li> <li>• <b>Receiving skills</b> - catching, picking up</li> </ul> <div style="text-align: center;">  </div>
<p><b>Activities</b></p> <ul style="list-style-type: none"> <li>• Aiming games</li> <li>• Catching competitions</li> <li>• Movement games Traffic lights</li> </ul>		
<p><b>Skills</b></p> <ul style="list-style-type: none"> <li>• To develop basic sending and receiving techniques</li> <li>• To develop balance, agility and coordination</li> <li>• To link sending and receiving skills with balance, agility and coordination</li> <li>• To travel in different ways showing clear transitions</li> <li>• To use a variety of equipment safely and correctly</li> </ul>		