

BRUNSHAW PRIMARY SCHOOL



Inspiring children to be resilient and aspirational learners, within a positive and considerate community

Subject - PE	Year group: KS1	Title: FMS Underarm throw
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What should I already know? • Roll equipment in different ways • Throw underarm • Throw an object at a target • Participate in simple games	Facts I will learn • How to use rhythm when travelling? • How to use equipment with accuracy? • How to travel with safety and control • How to use speed skilfully? • The correct posture	<table><tr><th>Key vocab</th><th>Definition</th></tr><tr><td>Rhythm</td><td>A strong, regular repeated pattern of movement</td></tr><tr><td>Stable</td><td>An object or structure that is firmly fixed</td></tr><tr><td>Opposite</td><td>Situated on the further side of one's viewpoint</td></tr><tr><td>Skittle</td><td>A wooden pin used in games</td></tr><tr><td>Distance</td><td>The length of the space between two points</td></tr><tr><td>Target</td><td>An object, mark or place selected as the aim of an attack</td></tr><tr><td>Perform</td><td>To carry out an action or task</td></tr></table>	Key vocab	Definition	Rhythm	A strong, regular repeated pattern of movement	Stable	An object or structure that is firmly fixed	Opposite	Situated on the further side of one's viewpoint	Skittle	A wooden pin used in games	Distance	The length of the space between two points	Target	An object, mark or place selected as the aim of an attack	Perform	To carry out an action or task
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Key Skills..... • Throwing equipment underarm in a variety of ways • Develop a side gallop • Develop the skill of running • Develop the skill of dodging • Apply simple tactics in a team game	Experiences that school will provide: • Qualified Sports Coaches • Sporting competitions and events • Afterschool clubs	Key questions • What posture should we be in before we set off on a side gallop? • Which way do we move when performing a side gallop?																
Web links Lancashire PE App	Experiences that could be provided at home... • Sports games/practice at home • Watching competitions and events																	

