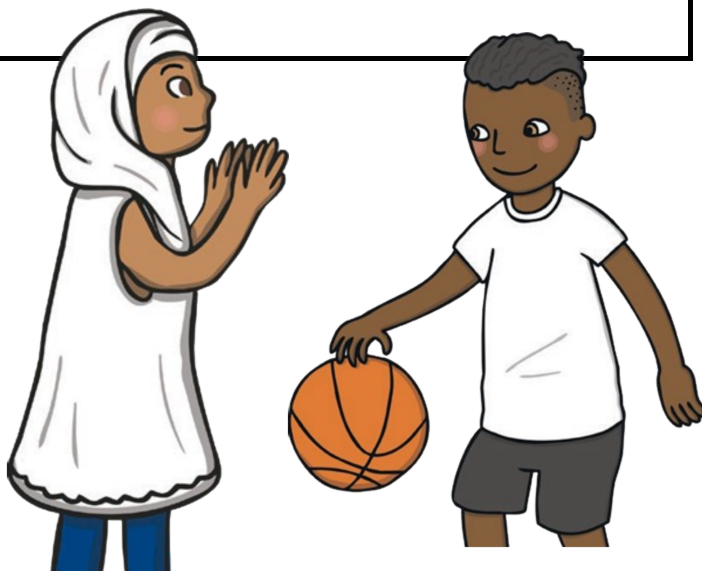


PE Focus:	Throwing and Catching	Year 2	Term: 1B
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Key Learning
Bouncing a ball is an excellent skill to develop and learn as it helps children improve their motor skills, hand-eye coordination and timing. This is done with
Rolling an object is a useful skill to develop and learn. It can help to improve motor skills, hand-eye coordination and timing.
Throw, catch and bounce a ball with a partner including catching a high ball that is above the head or shoulder.
Accurate passing. Making a good pass requires good communication, accuracy and power. A bounce pass is an excellent way of moving or passing a ball to another player by bouncing it on the ground.
Throw different types of equipment in different ways, for accuracy and distance
Use throwing and catching skills in a game. Throw a ball for distance. vary types of throw



Key Vocabulary	
Bounce/ Bouncing	This means to push a ball down towards the floor with force, so that it comes back up. The harder you push it, the faster it will come back up.
Catch/ Catching	To get hold something which has been thrown or dropped.
Cool-Down	An activity or exercise used to gradually slow the body down after exercise. It helps muscles to relax properly.
Control	To control a ball means to get a ball to travel at the correct speed and in the direction you want.
Direction	Direction means the course or pathway someone or something moves along.
Overarm	A type of throw where your arm is above your shoulder when you throw the ball.
Quoit	A rubber ring used in a throwing game.
Roll	A way of moving the ball along the ground, as it turns over and over.
Receive	In throwing and catching, this means taking or getting hold of a moving object.
Throw	This means pushing a ball or object into the air using the arms and hands.
Track	This is when you follow the movements of a ball or object.
Underarm	The type of throw where your arm is around hip/waist height when you throw the ball.
Warm-Up	An activity or exercise used to gradually get the body and muscles