

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.

Key Skills: Physical

- Rolling
- Kicking
- Throwing
- Catching
- Tracking

Key Skills: S.E.T

- Social: Co-operation
- Social: Communication
- Social: Keeping others safe
- Emotional: Perseverance
- Emotional: Challenging myself
- Thinking: Identifying how to improve
- Thinking: Transferring skills



Examples of games that use sending and receiving skills

Target Games	Net & Wall	Striking & Fielding	Invasion
Golf	Tennis		Hockey
Boules	Volleyball	Rounders	Netball
Boccia	Badminton	Cricket	Football
New Age Kurling		Baseball	Tag Rugby
Dodgeball			Handball
			Basketball

Key Vocabulary:

Encourage pupils to use this language in your lessons.

*Year 2 would use Year 1 and Year 2 vocabulary

Year 1	• Aim	• Throw	• Roll	• Kick
	• Catch	• Safely	• Racket	
Year 2	• Jog	• Defender	• Send	• Release
	• Target	• Control	• Accurate	

Teacher Glossary

Track: To track is when a player moves their body to get in line with a ball that is coming towards them.

Send: To pass to someone using either your hands, feet or an object.

Receive: To collect or stop a ball that is sent to you using either your hands, feet or an object.

Where this unit sits

Assessment Criteria

EYFS Early Learning Goals

- Physical: I can handle equipment effectively.
- Physical: I can move confidently in a range of ways.
- Physical: I can safely negotiate space.
- Physical: I can show good control and co-ordination in small and large movements.
- Physical: I can talk about ways to keep healthy and safe.
- Physical: I know the importance for good health and physical exercise.
- Social: I am sensitive to others' feelings.
- Social: I play co-operatively, taking turns.
- Emotional: I am confident to try new activities.
- Emotional: I ask for help if needed.
- Thinking: I can talk about my own ideas and use them in response to a task.
- Thinking: I understand and follow rules.

Year 1

- I am beginning to send and receive a ball using a piece of equipment.
- I am beginning to send and receive a ball with my feet.
- I can catch a ball after one bounce.
- I can recognise changes in my body when I do exercise.
- I can roll a ball towards a target.
- I can throw a ball to a partner.
- I can track a ball that is coming towards me.
- I can work co-operatively with a partner.

Year 2

- I am beginning to provide feedback using key words.
- I am beginning to trap and cushion a ball that is coming towards me.
- I can accurately kick a ball to a partner.
- I can accurately throw a ball to a partner.
- I can catch a ball passed to me, with and without a bounce.
- I can describe how my body feels during exercise.
- I can roll a ball to hit a target.
- I can track a ball and stop it using my hands and feet.
- I can work co-operatively with a partner and a small group.
- I can work safely to send a ball towards a partner using a piece of equipment.

Year 3



Assessment criteria for
Target Games
Net and Wall
Striking and Fielding
and Invasion
units in Year 3

Units that
progress into this
activity:

Ball Skills

**Sending and
Receiving**



Activities that
this unit
progresses into:

**Target Games
Net and Wall
Striking and Fielding
Invasion**