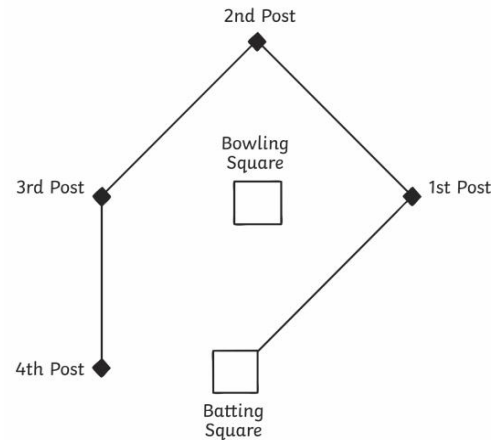


Year 1 – Ball skills including throwing and catching

Year 2- Ball skills including throwing and catching



Rounders



Key Skills

- To be able to stop, throw and catch objects with control.
- To be able to pass a ball to someone else.
- To have an awareness of space to attack and defend.
- To compete in small sided and adapted games.
- To use rules fairly.

Key Knowledge

Children will need to know the rules. These will be taught

Key Vocabulary

Warm up	Getting ready for exercise by getting the body moving in gentle movements.
Cool down	Doing gentle movements to bring the heart rate down slowly.
Co-ordination	Using different parts of the body together.
Flexibility	Bending and stretching the body.
Hydration	Giving the body water to work properly.
Attack	Working to beat the other player or team.
Defend	Stopping the other player or team from scoring or winning.
Role	The job you have in a team.
Participate	To join in.
Technique	How a skill is done.
Physical	Working the body.
Cooperate	To work well with others in a team.
Batting	Hitting the ball
Fielding	Attempting to catch or stop the ball and return it after it has been hit
Bases	A stop along the rounders route.