



Games Activities - Year 1

Overview

Focus: The unit aims to encourage children to:

- * be confident and safe in the spaces used to play games;
- * explore and use skills, actions and ideas individually and in combination to suit the game they are playing;
- * choose and use skills effectively for particular games;
- * understand that being active is good for them;
- * describe what they and others are doing.

Literacy: Describe how they play games in an audible voice; listen with sustained concentration; listen to and follow instructions accurately, asking for help and clarification if necessary; ask and answer questions, make relevant contributions, offer suggestions and take turns.

Numeracy: Relate addition to counting on; recognise that addition can be done in any order; use practical methods to support the addition of a one-digit number to a one-digit or two-digit number; count reliably at least 20 objects; estimate a number of objects that can be checked by counting; understand subtraction as 'take away' and find a 'difference' by counting up.

Differentiation: Through outcome and adult expectations and support.

Assessment: By observation against learning outcomes and through discussion with children.

Resources: Please refer to individual lesson plans.

<p style="text-align: center;">Lesson 1</p> <p>Learning Outcomes</p> <ul style="list-style-type: none"> * follow chosen pathways, changing pace, direction and movement; * demonstrate ball control whilst travelling; * perform successfully with a partner. <p>Warm up - Coloured Cones</p> <p>Skill focus – Travelling sequence with a ball.</p> <p>Games Playing – travelling sequence with a partner. Stuck in the Mud.</p> <p>Cool down - Simon Says</p>	<p style="text-align: center;">Lesson 2</p> <p>Learning Outcomes</p> <ul style="list-style-type: none"> * plan, perform and repeat a series of movement patterns along a selected pathway; * send a ball accurately at a target; * perform successfully with a partner. <p>Warm up - Stuck in the Mud</p> <p>Skill focus – Travelling sequence with a ball.</p> <p>Games Playing – Sending and receiving individually and with a partner.</p> <p>Cool down - Traffic Police</p>
<p style="text-align: center;">Lesson 3</p> <p>Learning Outcomes</p> <ul style="list-style-type: none"> * plan, perform and repeat a variety of movement patterns whilst travelling; * send a bean bag with increased accuracy; * recognise and talk about changes to the body after sustained activity. <p>Warm up - Gladiator Power Ball</p> <p>Skill focus – Controlling a ball and other equipment whilst travelling.</p> <p>Games Playing – Net-type games.</p> <p>Cool down – Ball and racket activity</p>	<p style="text-align: center;">Lesson 4</p> <p>Learning Outcomes</p> <ul style="list-style-type: none"> * send a ball/beanbag with more accuracy; * send and receive with a partner; * play simple competitive net type games. <p>Warm up - Cops and Robbers</p> <p>Skill focus – Throwing for accuracy</p> <p>Games Playing – Net-type games</p> <p>Cool down - Slow Passing Games</p>
<p style="text-align: center;">Lesson 5</p> <p>Learning Outcomes</p> <ul style="list-style-type: none"> * throw and catch a ball more skilfully; 	<p style="text-align: center;">Lesson 6</p> <p>Learning Outcomes</p> <ul style="list-style-type: none"> * play co-operatively with a partner and in a small team;

- * play simple, competitive striking and fielding type games;
- * talk about their own achievements and that of others, giving reasons for success.

Warm up – Follow-my-Leader

Skill focus – Developing fielding skills

Games Playing – Striking/fielding-type games

Cool down - Follow Me

- * demonstrate accuracy when sending, stopping and retrieving;

- * talk about scoring and ways to improve.

Warm up – Sending/receiving with partner

Skill focus – Batting, bowling, fielding

Games Playing - Striking/fielding-type games

Cool down - Control - range of equipment

PE Primary - Sample