** Tigers – PE – Sending and Receiving**

***Key Skills:***

Physical:

* Rolling, kicking, throwing, catching, tracking

Social:

* Communication, supporting and encouraging others, respect, taking turns

Emotional:

* Challenging myself, perseverance, honest, being happy to succeed.

Thinking:

* Transferring skills.

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| ***Words to know and spell (Tier 2 Vocabulary)*** | | |
| Roll | Kick | Catch |
| Throw | Racket | Aim |
| Safe | Pass |  |

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| ***Words to understand and spell (Tier 3 Vocabulary)*** | |
| **Track** | A 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. |

***Concept check questions. Test yourself:***

What happens to your body when you exercise?

How is exercise good for you?

What technique do you use to throw a ball to a partner?

***Key skills to do:***

* To catch a ball with some success.
* To understand changes in the body when they exercise.
* To develop accuracy when rolling a ball towards a target and throwing a ball to a partner.
* To work co-operatively with a partner.
* To use key words to describe technique.

**Year 1 – PE – Autumn 1 – Heyford Park School**