** Tigers – PE – Target Games**

***Key Skills:***

Physical:

* Underarm throwing, overarm throwing, aim, hand-eye coordination.

Social:

* Communication, supporting and encouraging others, leadership

Emotional:

* Honesty, perseverance, fair play

Thinking:

* Using tactics, selecting and applying skills, decision making

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| ***Words to know and spell (Tier 2 Vocabulary)*** |
| Far | Aim | Team |
| Throw | Score | Send  |
| Points | Distance |  |

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

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| **Target** | The object that is being aimed for.  |
| **Agility** | The ability to change direction quickly and easily. |
| **Release** | The point at which you let go of an object. |
| **Co-ordination** | The ability to move two or more body parts at the same time.  |

***Key skills to do:***

* Explore technique when throwing overarm towards a target.
* Explore technique when throwing underarm towards a target.
* Explore striking a ball with their hand and equipment.

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

What happens to my body when I exercise?

How can I accurately hit a target?

How can I work nicely with a partner?

What does good technique look like?