

**What prior knowledge should students have?**

- Exploring ways to send, retrieve and stop a ball using different body parts.
- Children had adult support with stability, balance, spatial awareness, co-ordination and agility.
- Negotiate space and obstacles safely, with consideration for themselves and others.
- Exploring how to bowl underarm and how to catch

**What skills will students learn? (Disciplinary Knowledge)**

- Throwing a ball towards a target.
- The correct technique to throw a ball underarm and overarm.
- Catching different sized balls.
- The correct technique to catch a ball.

**What key knowledge will be taught? (Substantive Knowledge)**

- To understand that more force is required to throw the ball further.
- To recognise the difference between an over arm and under arm throw.
- To recognise when different catching techniques can be used to successfully catch a ball.
- To understand that sports require you to aim a throw towards a target to be successful.

**Key Vocabulary**

**Definition**

Key Vocabulary	Definition
Throw	To pass the ball to someone else over a distance
Catch	To collect a moving ball out of the air.
Ball	A round object to throw.
Overarm throw	A throw being made with the arm moving below the shoulder
Underarm throw	A throw being made with the arm moving above the shoulder
Target	To hit a designated area.

**Diagram of correct throwing technique.**

**Overarm throw**



**Underarm throw**

