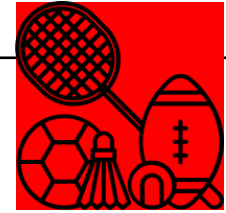




Objectives and Sticky Knowledge



Previous Knowledge Recap

Follow rules.
Know how to play as part of team.

Land Objectives and Sticky Knowledge:

| Follow rules | Copy, remember and explore a range of actions | Repeat actions and skills with control |
|--|--|--|
| Know what a rule is and how we can follow rules. Understand why rules are important. Understand that a tactic is something that your team can use as an advantage. know that tactics can be used in different ways. | Know how to copy an action Know why we need to remember certain actions in games Know what coordination means and how that relates to success in games | Know how to stay controlled when performing actions in games. Know what control means in relation to sport Understand that control makes us successful with our actions and skills |

Links with 'Sustainability' Golden Thread:

Links with CST and CKA Values Crown:





Key Vocabulary

Forehand

Backhand

Ready Position

Skills

Honesty

Points

Control

Doubles

Team

Key Skills

Physical Me

Throw - Underarm

Catch - Bounce, catch
-Throw and catch

Walk/Run - In different directions
- with a racket in their hand

Co-ordination -Hand-eye

Balance- Moving with ball on racket

Strength- Holding a racket



Thinking Me

- To improve my performance

Value Me:

- Honesty
- Kindness

Social Me

- Co-operate with others

Inspirational Athletes

Andy Murray

Sir Andy Murray - won Olympic gold twice -
Andy Murray won 46 titles including
3 grand slams.

Murray has won
Wimbledon twice



Key Knowledge

Catch - Watch the ball, make a basket with hands, when you catch cradle the ball

Control- How hard or how soft you throw, push, move the ball -
Keeping the ball under control!

Underarm throw- Opposite arm and opposite leg, point to where you want the ball to go to

Forehand- Hold the racket, fingers and palm face forward

Backhand- Hold the racket, back of hand faces forward.

Sky Objectives:

Can describe the ABC's relating to movement.
Can join teams without any problems during an activity.
Can identify why our bodies sweat and how this effects our need for water.