PE - Year 1 – Target Games

What should I already know?

- How to negotiate space safely.
- How to play games honestly with consideration of the rules.
- How to dribble a ball with my hands and feet.
- How to throw and kick a ball at a target.

Key Knowledge & Skills

- To develop underarm and overarm throwing towards a target.
- To develop throwing for accuracy and distance.
- To be able to select the correct throw for the target.
- To be able to throw a ball with some accuracy.

Key Vocabulary and definitions

Underarm	Using a pushing force to throw an object while the hand swings down and back.
Overarm	Using a pushing force to throw an object while the hand moves up and away from the body.
Distance	The length between two objects.
Further	To travel or make something travel a greater distance.
Swing	Move easily and smoothly backwards and forwards.
Balance	Keeping the body steady.
Throw	To make something move through the air by pushing it out of your hand.
Score	To earn points in a game.
Point	A unit used for keeping score in some sports.

This unit will also help you to develop other important skills.

Social collaboration, leadership, work safely, encourage others

Emotional perseverance, honesty

Thinking comprehension, select and apply, creativity

About this Unit

Target games are games where players send an object towards a target. It could be while avoiding obstacles, getting closer to a target than an opponent or by hitting a target in the fewest turns. It could also be a moving target.

Examples of target games are dodgeball, golf, curling, boccia, archery, bowling.

In this unit, you will use underarm and overarm throwing to take part in lots of different challenges.

overarm throw
- elbow high
- step forward with your opposite foot
- use for distance

underarm throw
- use a straight arm
- step forwards with your opposite foot
- point your hand to your target
- use for accuracy

Ladder Knowledge

Throwing:

use an overarm throw for distance and an underarm throw for accuracy. Stand with opposite foot to throwing arm forwards.