

Prior Learning: In Early years, children were introduced to fundamental movement skills - one of which is very prominent to this unit - throwing. They experimented with different ways of throwing e.g. underarm and overarm. They participated in some games where children threw at a target to score points.

Physical Me

Throw

Rotate

Push

Balance

Aim

Co-ordination

Propel

Key Skills

Value Me:

- Honesty
- Fairness
- Gracious
- Respect

Thinking Me

- To make decisions in the game

Social Me

- Working as part of a team
- Giving praise
- Communication
- Encourage

Key Vocabulary

Defend

Attack

Aim

Chute

Underarm

Overarm

Target

Jack

Placement

Key Knowledge

Underarm:

1. Non-throwing hand points at the target
2. Throw towards the target, hand starts below waist and then extends above the chest with a straight arm
3. Release the ball, with your fingers pointing at the target

Overarm:

1. Non-throwing hand points at the target
2. Extend the throwing arm behind the shoulder and then extend forwards until straight in front.
3. Release the ball, with your fingers pointing at the target

Jack: We call the target ball in Boccia a 'Jack'

