

Target Games – Medium Term Plan – Sequence of learning

Target Games (Introduction) and Dodgeball

	Year Group	Sequence of learning (small steps)	Sequence of learning (small steps)	Sequence of learning (small steps)	Sequence of learning (small steps)	Vocabulary
Target Games (Introduction)	Year 1	<p><b>This unit links to the following strands of the NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.</b></p> <p>Target games are games where players send an object towards a target. In this unit, pupils develop their understanding of the principles of defending and attacking for target games. Pupils use both underarm and overarm actions and are given opportunities to select and apply the appropriate action for the target considering the size and distance of the challenge. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will understand the importance of abiding by rules to keep themselves and others safe, learn how to score points and use simple tactics. They show respect towards others when playing competitively and develop communication skills.</p>	<ul style="list-style-type: none"> <li>To develop underarm throwing towards a target.</li> <li>To develop throwing for accuracy.</li> <li>To develop underarm and overarm throwing at a target.</li> <li>To develop throwing for accuracy and distance using underarm and overarm.</li> <li>To select the correct throw for the target.</li> <li>To develop throwing for accuracy and distance.</li> </ul>	<ul style="list-style-type: none"> <li><b>Physical:</b> underarm throw, overarm throw</li> <li><b>Social:</b> collaboration, leadership, work safely, encourage others</li> <li><b>Emotional:</b> perseverance, honesty</li> <li><b>Thinking:</b> comprehension, select and apply, creativity</li> </ul>	<ul style="list-style-type: none"> <li>I can recognise changes in my body when I do exercise.</li> <li>I can use an overarm throw aiming towards a target.</li> <li>I can roll a ball towards a target.</li> <li>I can use an underarm throw aiming towards a target.</li> <li>I can work co-operatively with a partner.</li> <li>I understand what good technique looks like.</li> </ul>	<ul style="list-style-type: none"> <li>Balance</li> <li>Distance</li> <li>Further</li> <li>Overarm</li> <li>Point</li> <li>Score</li> <li>Swing</li> <li>Throw</li> <li>Underarm</li> </ul>
	Year 2	<p><b>This unit links to the following strands of the NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.</b></p> <p>Target games are games where players send an object towards a target. In this unit, pupils develop their understanding of the principles of defending and attacking for target games. They develop the skills of throwing, rolling and striking towards a target and are given opportunities to select and apply the appropriate action for the target considering the size and distance of the challenge. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will understand the importance of abiding by rules to keep themselves and others safe, learn how to score points and use simple tactics.</p>	<ul style="list-style-type: none"> <li>To consider how much power to apply when aiming at a target.</li> <li>To understand how to score using overarm and underarm throwing.</li> <li>To develop striking to a target.</li> <li>To develop hitting a moving target.</li> <li>To select and apply the appropriate skill to the target game.</li> <li>To show an improvement in my personal best.</li> </ul>	<ul style="list-style-type: none"> <li><b>Physical:</b> roll, overarm throw, underarm throw, strike, dodge, jump</li> <li><b>Social:</b> congratulate, support others, co-operation, kindness</li> <li><b>Emotional:</b> manage emotions, honesty</li> <li><b>Thinking:</b> identify areas of strength and areas for development, select and apply, comprehension, decision making</li> </ul>	<ul style="list-style-type: none"> <li>I am able to select the appropriate skill for the situation.</li> <li>I can throw, roll or strike a ball to a target with some success.</li> <li>I can work co-operatively with a partner and a small group.</li> <li>I understand the principles of a target game and can use different scoring systems when playing games.</li> <li>I understand what good technique looks like and can use key words in the feedback I provide.</li> </ul>	<ul style="list-style-type: none"> <li>Accurate</li> <li>Ahead</li> <li>Aim</li> <li>Opponent</li> <li>Overarm</li> <li>Release</li> <li>Strike</li> <li>Target</li> <li>Teammate</li> <li>Underarm</li> </ul>

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	Year 3	<p><b>This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</b></p> <p>Dodgeball is a target game. In this unit pupils will improve on key skills used in dodgeball such as throwing, dodging and catching. They learn how to apply simple tactics to outwit their opponents. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.</p>	<ul style="list-style-type: none"> <li>To develop throwing and apply this to a target game.</li> <li>To develop dodging skills to avoid being hit.</li> <li>To develop catching and learn the rules of the skill within this game.</li> <li>To further develop catching and use the rules of the skill within this game.</li> <li>To begin to think tactically and apply this to a game.</li> <li>To apply skills and knowledge to compete in a tournament.</li> </ul>	<ul style="list-style-type: none"> <li><b>Physical:</b> throw, catch, dodge, jump</li> <li><b>Social:</b> respect, communication, collaboration</li> <li><b>Emotional:</b> honesty, perseverance</li> <li><b>Thinking:</b> comprehension, make decisions, select and apply skills</li> </ul>	<ul style="list-style-type: none"> <li>I am learning the rules of the game and I am beginning to use them to play fairly.</li> <li>I can provide feedback using key words.</li> <li>I can throw with some accuracy and I am beginning to catch with some consistency.</li> <li>I understand the aim of the game.</li> <li>I work co-operatively with my group to self-manage games.</li> </ul>	<ul style="list-style-type: none"> <li>Accuracy</li> <li>Agility</li> <li>Avoid</li> <li>Caught out</li> <li>Communicate</li> <li>Cushion</li> <li>Decide</li> <li>Decision</li> <li>Hit out</li> <li>Opponent</li> <li>Release</li> <li>Tactic</li> <li>Tournament</li> </ul>
	Year 5	<p><b>This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</b></p> <p>Dodgeball is a target game. In this unit pupils improve on key skills used in dodgeball such as throwing, dodging and catching. They learn how to select and apply tactics to the game to outwit their opponent. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules. Pupils are given opportunities to evaluate and suggest improvements to their own and others' performances.</p>	<ul style="list-style-type: none"> <li>To throw under pressure and apply this to a target game.</li> <li>To select the appropriate dodging skill for the situation.</li> <li>To develop catching with increasing consistency under pressure.</li> <li>To develop defensive techniques and select the appropriate action for the situation.</li> <li>To understand and apply tactics in a game.</li> <li>To develop officiating skills and referee a game.</li> </ul>	<ul style="list-style-type: none"> <li><b>Physical:</b> throw, catch, dodge, block</li> <li><b>Social:</b> collaboration, respect, leadership, communication</li> <li><b>Emotional:</b> honesty, determination, confidence</li> <li><b>Thinking:</b> make decisions, select and apply tactics</li> </ul>	<ul style="list-style-type: none"> <li>I am developing a wider range of skills and I am beginning to use these under some pressure.</li> <li>I can identify when I was successful and what I need to do to improve.</li> <li>I can throw accurately at a target.</li> <li>I can work co-operatively with others to manage our game.</li> <li>I understand the need for tactics and can identify when to use them in different situations.</li> <li>I understand the rules of the game and I can apply them honestly most of the time.</li> <li>I understand there are different skills for different situations and I am beginning to use these.</li> </ul>	<ul style="list-style-type: none"> <li>Abide</li> <li>Anticipate</li> <li>Appropriate</li> <li>Assess</li> <li>Collaborate</li> <li>Cushion</li> <li>Fake</li> <li>Officiate</li> <li>Situation</li> <li>Stance</li> <li>Tactic</li> <li>Trajectory</li> </ul>