

## Medium Term Plan: Supporting Implementation of LTP/Progression Grid

**Subject:** KS1 Year A– Softball

**Key Concept- Concepts:** Joy of movement, personal challenge, building resilience, Critical thinking, and action.

**POS aims from NC:**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

### **Prior Learning (what pupils already know and can do)**

- Pupils know some basic throwing skills.
- Pupils to know how to communicate and work well with others.
- Pupils know how to strike a ball off a tee.
- Pupils have some awareness and understanding of boundaries.

### **Long-term Learning (what pupils MUST know and remember) End Goals**

- To know how to use key rules that are specific to softball and to show awareness of these rules and boundaries; playing fairly.
- To know how to work safely within a defined space and communicate effectively with a team
- To know how to bowl the ball at a target and how to strike a ball with the correct swing technique
- To use striking and fielding techniques in a game.
- To know how to throw and roll the ball, and how to use tracking and retrieving skills.

### **Key Vocabulary**

Control, Pass. target, catch, personal best, team, dribble, game, score, determination, teamwork.

#### **Session 1 – To be able to catch and receive a ball safely and with some control using both hands.**

- To know how to work safely within a defined space.
- To know how to catch a ball and track the flight of the ball with my eyes.
- To know how to get into the ready position when catching.
- To know how to communicate effectively with a partner.
- To know how to move into a good position to catch a ball.

Healthy Participation – To discuss the benefits of warming up before PE (raising body temperature and increasing blood flow to muscles) and the effects that a good warm up can have when playing softball.

Vocabulary – Control, Pass. target, catch, personal best, team, dribble, game, score, determination, teamwork.

#### **Session 2 – To be able to throw a ball to score with some accuracy and control. To be able to use an underarm and overarm throw.**

- To know how to throw a ball in different directions.
- To know how to throw the ball into a goal, hoop, or target to score.
- To know how to accurately throw, track and collect a ball.
- To know how to chase and retrieve a ball.

Healthy Participation – To highlight the benefits of taking part in softball on your long-term health. Discuss the benefits of being healthy and active.

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**Session 3 – To be able to pick up the ball using one hand and return it underarm. To be able to demonstrate the basic fielding techniques.**

- To know how to field the ball using both hands.
- To know how to roll a ball.
- To know how to use tracking and retrieving skills.

Healthy Participation – To discuss the benefits of having regular drink breaks during PE can help to replace the fluids you lose when you sweat and can help to maintain normal body functions and performance levels.

Vocabulary – Control, Pass. target, catch, personal best, team, dribble, game, score, determination, teamwork.

**Session 4 – To be able to demonstrate a successful bowling technique.**

- To know how to bowl the ball underarm at a target.
- To know how to bowl keeping arms straight.
- To know how to learn rules of adapted games.

Healthy Participation – To know and be able to explain why warming up is important. Can explain why keeping fit is good for their health.

Vocabulary – Control, Pass. target, catch, personal best, team, dribble, game, score, determination, teamwork.

**Session 5 – To be able to successfully hit a ball using the correct batting technique.**

- To know how to strike a ball.
- To know how to emphasize a proper swing using the correct technique.
- To know how to apply a range of skills into modified games.
- To know how to use key rules that are specific to softball.

Healthy Participation – Discuss the importance of cooling down that it allows for a gradual recovery, helps to regulate blood flow, preventing injuries such as muscle tears etc.

Vocabulary – Control, Pass. target, catch, personal best, team, dribble, game, score, determination, teamwork.

**Session 6 – To be able to have an understanding of some rules of softball.**

- To know how to show awareness of rules and boundaries.
- To know how to play a modified game of softball.
- To know how to use striking and fielding techniques in a game.
- To know how to score points and play fairly.

Healthy Participation – To discuss and know that exercise keeps your heart healthy.

Vocabulary – Control, Pass. target, catch, personal best, team, dribble, game, score, determination, teamwork.

Future learning this content supports:

This unit will support future subjects in LKS2. Pupils will be able to transfer skills into the summer 2 term when pupils will be looking at Disk golf and Skittle bowl. Pupils will know how to bowl underarm and at a target and be able to play modified games encouraging teamwork.

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**Cross Curricular Links:** Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions, and healthy lifestyle consequences), Math's (measuring distances, collating data & comparing recordings against other bests).