



PE		Year 1	
Focus: Sending and Receiving Skills			
Age related vocabulary			
Send	To move or direct an object to a certain place or point.	Catch	To get control or to take a hold of something that is falling or thrown.
Receive	To get or take.	Aim	To point or direct with the hope of hitting something.
Throw	To send through the air with force by using your arm and wrist.	Teamwork	A group of people working together.

Carlton Assessment Grid			
Success Criteria	Pupil Reflection		Teacher Assessment
I can roll and throw a ball towards a target.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can receive a rolling ball and develop my tracking skills.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can send and receive a ball with my feet.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can develop throwing and catching skills over a short distance.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can throw and catch over a longer distance.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can apply sending and receiving skills to small games.	Before <input type="checkbox"/>	After <input type="checkbox"/>	

Key Knowledge
<ul style="list-style-type: none"> • Step forward with your opposite foot to throwing arm to help with accuracy and balance. • Let your fingertips follow in the direction of your target to improve your aim. • When waiting to catch the ball, keep your feet shoulder width apart with your knees bent. • Place your non-kicking foot next to the ball and use the inside of your foot to kick the ball. • Use kind, encouraging words to support your teammates and opponents. • Make sure the receiver is looking before passing the ball to them.