

# BLACKROD PRIMARY SCHOOL

## Project Reflections – Autumn 1: PE

### Fundamental Movement Skills – Throwing and Catching



In the key stage one years it is vital that children develop their fundamental movement skills in a fun, engaging manner. This helps children when moving onto applying these in sports specific situations when they are older.

This half term we have focused on throwing and catching. During each session we explain to the children why we are doing certain skills and how they can help them in other skills or in other sports.



We also learned how to bounce and manipulate a ball around a given space, watching out for and avoiding others, bouncing in different directions and bouncing through certain targets.

During our sessions we taught children how to catch with the correct technique in a variety of situations, how to throw a ball accurately at a target, how to be ready on the balls of their feet to react in different situations and how to start using these in some small games.



#### Key Vocabulary

Reaction time - is the ability to respond quickly to a stimulus.