



# CRADLEY CE PRIMARY SCHOOL

**Subject: PE**

**Class: 2**

**Topic: Throwing and Catching**

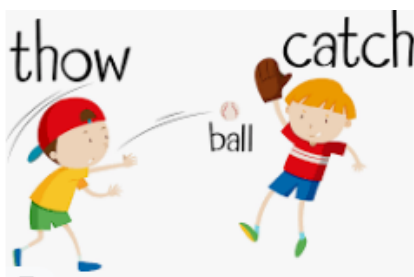
## What should I already know?

- They were taught and given practise with fetching and receiving games
- They took part in simple games where they had to follow simple rules

## Key Vocabulary

Control	Having the item go the way you intend it to go
Overarm	Throw item with arm high above your shoulder
Underarm	A backward-forward swing of the arm to release an object
Ready Position	Facing the ball, hands ready to catch, feet spaced appropriately
Accuracy	Able to hit a target with a thrown item
Warm up	Getting body ready for action
Cool down	Gradual recovery of pre-exercise heart rate and blood pressure
PB	Personal Best
Throw	Propel something through the air
Catch	The act of catching something
Quoit	A small rubber ring

## Photo



## What will I have attempted by the end of the unit?

- Roll a ball along a line or to a target with control, track it and pick it up as it slows down
- Use a simple overarm throw
- Use an underarm throw
- Catch a ball thrown by a partner, with two hands, using ready position
- Throw a ball into a receptacle with increasing accuracy
- Say how we could warm our bodies up before exercising
- Run, walk, jog, hop, skip, leap, gallop or jump in different directions
- Attempt to beat personal best

## Sticky Knowledge

- You need to look at the person you are throwing to and check they are ready to receive the ball.
- Keep your eyes on the ball as you prepare to catch it.
- Carefully aim before you throw towards an object eg a hoop.
- Always warm up before exercise and cool down afterwards.

## Useful Websites

[https://www.youtube.com/watch?v=FYS9o-\\_\\_MwI](https://www.youtube.com/watch?v=FYS9o-__MwI) (Throwing and catching challenges).