

PE Year 1 and 2 Summer 1

Fundamental Skills



- Dribble a ball at speed around a space.
- Dribble a ball past defenders with success.
- Use various different dribbling skills and techniques.
- Successfully pass accurately to another person.
- Accurately pass around defenders to a target.
- Hit a target using a variety of different kicking techniques.
- Kick a ball at multiple distances.
- Successfully strike an object using an implement.
- Accurately strike an object to a target/area.



Children will need to kick their ball to hit a ball on a cone. If a ball is hit, they must put it behind their warship and dribble their ball to the next player. If they miss, they just dribble the ball back.



Encourage using various different parts of the foot (Sole, inside, outside, laces)
DO NOT ENCOURAGE TOES!!

Question

Can you dribble and kick a ball with accuracy?

Vocabulary

Dribble, speed, space, pass, strike, target