

The **knowledge** and **skills** the children will learn within this unit are presented across the three domains – **Move, Solve, Connect**. These are explicitly linked to Ofsted's pillars of progression; **Motor competence, rules, strategies and tactics** and **healthy participation**.

Masterful Mover

By the end of Lower KS2, a Masterful Mover will:

- **Know what** the fundamental movement skills we are developing.
- **Know how** to use a range of throwing skills in different activities.

Skilful Solver

By the end of Lower KS2, a Skilful Solver will:

- **Know what** type of throw to select for accuracy, power and distance.
- **Know how** to make changes to the type of throw I use dependent on the activity and equipment.

Confident Connector

By the end of Lower KS2, a Confident Connector will:

- **Know what** the importance of collaboration is.
- **Know how** to share ideas to help others improve.

Learning Theme Key Vocabulary

accuracy aim target power technique throw strike distance strength



Curriculum links

- 'Use throwing in isolation and combination'
- 'Develop flexibility, strength, control and balance'
- 'Compare their performances with previous ones and demonstrate improvement to achieve their personal best'

Where next?

