



Physical Education

Rackets, Bats, Balls
and Balloons Foundation

Unit Purpose

The focus of learning is for pupils to **explore** different ways of **pushing/hitting** a balloon. Pupils will understand why we need to push/hit a balloon with **accuracy** and **control**.

Pupils will develop their ability to **balance** an object using a racket/bat.

Inspire Me

Did you know... that the world record for two people keeping one balloon in the air is currently 2 hours 1 minute and 3 seconds. The current world record for one person keeping three balloons in the air is 1 hour 12 minute and 50 seconds.



Key Success Criteria

- P** Pupils will be able to push/hit their balloon with both hands, keeping control. Pupils will also be able to balance their object on their racket/bat.
- C** Pupils will be able to focus on the balloon /object and use their rackets/bats safely. Pupils will understand why we send the balloon into space when hitting.
- S** Pupils will show a developing understanding of fairness and empathy as they play by the rules and encourage others.
- W** Pupils will apply life skills such a self belief and courage as they try new skills and work hard to improve their control.

Vocabulary for Learning

Accuracy: is the ability to control where we push/hit (send) our balloon.

Space: is an open area that is unoccupied by another player.

Control: means keeping the balloon close to us, preventing it from touching the floor.

Power: is the intensity and speed that we hit our balloon in the air or towards a target.

Aiming: is the ability to use our hands to direct our balloon in the air or towards a target.

Score: is the number of points achieved in a game or by an individual, pair or team.



Sport Specific Vocabulary

Hitting: means striking the balloon with our hand with purpose. The person hitting the balloon will strike the balloon with their hands towards a target or towards an open space.

Pushing: is a method of sending our balloon using our hands. The person pushing the balloon will extend their hands away from their body to direct the balloon in the air, towards a target or towards an open space.

Empathy

Explore pushing (dribbling) a ball with a racket

Develop pushing (dribbling) a ball with a racket: Introducing control

Explore hitting and develop pushing a ball (with a racket) towards a target

Transition to Year 1

Explore pushing/hitting a balloon with control

Explore sending a balloon with accuracy

Foundation Learning Journey

Fairness

Concentration

Courage

Taking turns: Develop pushing/hitting (sending) a balloon with a partner

Explore hitting a balloon with power into space

Explore balancing an object on a racket/bat