

Prior Learning: In Early years, children began to develop fundamentals of movement e.g. running, jumping, hopping, skipping. Children learned to negotiate space and obstacles safely; with consideration for themselves and others. They also developed their hand eye co-ordination throwing and catching a variety of objects.

Key Skills

Physical Me

- **Passing**- The ball with feet
- The ball with hands

- **Dribbling** - The ball with feet
- The ball with hands

- **Throwing** - Over arm
- Underarm
- At a target

- **Catching**- different shaped balls

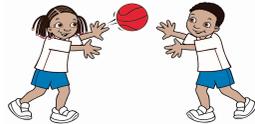
- **Rolling**- Underarm

- **Throwing** into a goal, hoop, target to score.

- **Running**- To receive/intercept a ball
- with a ball in hands



- Balance
- Agility
- Co-ordination



Thinking Me

- To make a decision in a game

Value Me:

- Determination
- Teamwork

Social Me

- Communicate with others
- Co-operate with others

Games you can use your ball skills in...

- Basketball
- Football
- Rugby
- Handball
- Hockey
- Lacrosse
- Netball

Key Vocabulary

Control

Pass

Target

Catch

Personal Best

Team

Dribble

Game

Score

Key Knowledge

Catching - Hands out in 'W' shape to make a target to receive

Passing (feet) - Use the inside of foot, point in direction of pass

Passing (hands)- Step into pass, point in direction of pass

Throwing- Use opposite arm and opposite leg, Point in the direction with the non throwing hand.

Or in Rugby point with the ball in the direction you throw

Dribble (with hands) - push not pat the ball, look up

Dribble (with feet) - Use the inside of foot, head up

Games (Invasion) have...

Attackers

- Aim to score a goal or point
- Create space
- Keep possession
- Move into a scoring position

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Defenders

- Try and stop the opposition from scoring
- Mark the opposition
- Try and win the ball back