

Prior Learning: In year 1, children learned to throw, catch and roll various shaped/size balls e.g netball, rugby, basketballs. They were taught to pass the ball with their hands and feet. They also dribbled the ball with the hands and feet. They learned how to score in a variety of ways. They learned how to run with a ball. They also played some small sided games (invasion games).

Physical Me

- **Passing**- The ball with feet
- The ball with hands
- **Dribbling** - The ball with feet
- The ball with hands
- **Throwing** - Overarm
- 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



Key Skills

- Balance
- Agility
- Co-ordination

- Value Me:**
- Resilience
 - Fair play

Thinking Me

- To make a decision in a game

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

Accuracy

Control

Try

Possession

Communicate

Game

Opponent

Attacker

Defender

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 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

& Defenders

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