

**Learning:** In this unit, children will experiment with different ways to move a ball in a game using their hands and feet. Incorporated into this unit are adapted games, which encourage movement, negotiation of space, listening skills, aiming skills, teamwork and fun competition.

## Key Skills

### Physical Me

- Run
- Balance
- Jump
- Agility
- Throw
- Co-ordination
- Hop
- Skip
- Dodge

### Value Me

- Determination  
Try, Try, Try again!

### Thinking Me

- To make decisions in a game

### Social Me

- Taking turns
- Listening
- Teamwork

## Physical Development

### Gross Motor Skills ELG

- Negotiate space and obstacles safely, with consideration for themselves and others
- Demonstrate strength, balance and coordination
- Move energetically, such as running, jumping, hopping and skipping

## Key Vocabulary

Hop

Skip

Jump

Run

Ball

Team

Target

Slow

## Key Knowledge

### Dribbling the ball with your feet:

1. Head – look up to see what's around you
2. Body – keep the ball close to your body so it's under control
3. Feet – use the inside of your feet to dribble

### Running with a ball (in your hands)

1. Head – look up to see what's around you
2. Hold the ball with your hands either side
3. Hold the ball at chest height

