

What should I already know?

- How to send and receive a ball with my feet.
- How to catch a ball with some success.
- How to roll a ball towards a target.
- How to track a ball coming towards me.
- How to throw a ball to a partner.

Key Knowledge & Skills

- How to trap and cushion a ball coming towards me.
- How to accurately throw and kick a ball to a partner.
- How to catch a ball passed to me, with and without a bounce.
- How to track a ball and stop it using hands or feet.
- How to work safely to send a ball to a partner using equipment.

Key Vocabulary and definitions

| | |
|----------------|--|
| Target | Something to aim at when throwing or kicking. |
| Track | To follow the movement of something by watching it closely. |
| Sender | The person throwing, kicking or hitting something to another person. |
| Receiver | The person getting or taking something that is sent to them. |
| Eye contact | Looking someone else directly in the eyes. |
| Bounce | To spring back up after hitting something. |
| Chest pass | A very fast and flat pass pushed out from the chest. |
| Racket | An object used to hit the ball in tennis and similar sports. |
| Aim | To point carefully with the hope of hitting something. |
| Ready position | Standing with knees slightly bent so you can move quickly. |

This unit will also help you to develop other important skills.

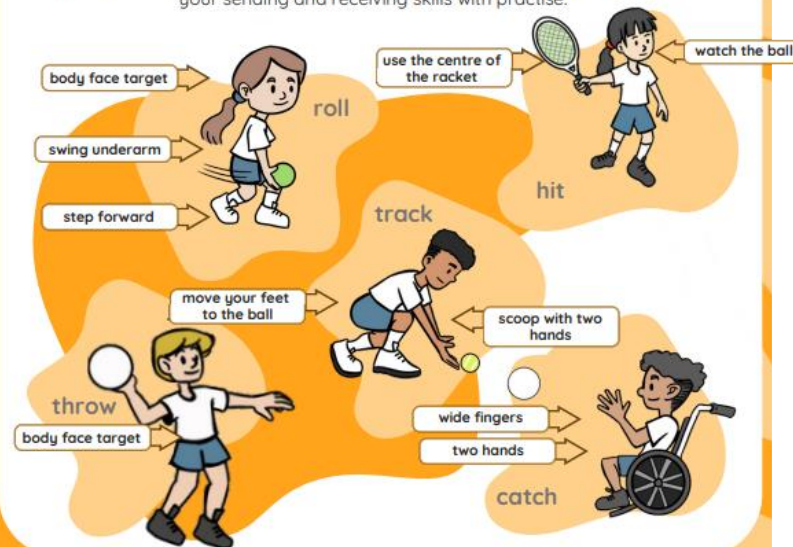
Social communication, collaboration, leadership

Emotional honesty, determination

Thinking identifying how to improve, comprehension

About this Unit

Sending and receiving skills are important because they can be used in lots of other games. Learning these skills also helps your eyes, hands and feet work together. This makes your brain smarter because it has to think about where the ball is and how to make your body do what you want. You can always improve your sending and receiving skills with practise.



Ladder Knowledge



Sending:

Control the ball before sending it. Stepping with opposite foot to throwing arm will help you to balance.

Receiving:

Use wide fingers and pull the ball in to your chest to help to securely catch.