

What should I already know?

- How to negotiate space safely.
- How to play games honestly with consideration of the rules.
- How to dribble a ball with my hands and feet.
- How to throw and kick a ball at a target.

Key Knowledge & Skills

- 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 Vocabulary and definitions

Target	Something to aim at when throwing or kicking.
Score	To earn points in a game.
Direction	The way something is moving.
Sending	Throwing, kicking or hitting something to another person.
Receiving	To get or take something that is sent to you.
Tracking	To follow the movement of something by watching it closely.
Passing	To move something to someone else.
Underarm	Using a pushing force to throw an object while the hand swings down and back.
Overarm	Using a pushing force to throw an object while the hand moves up and away from the body.
Defender	The person who tries to stop the other team from scoring in a game.
Attacker	The person who tries to score goals or points in a game.

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

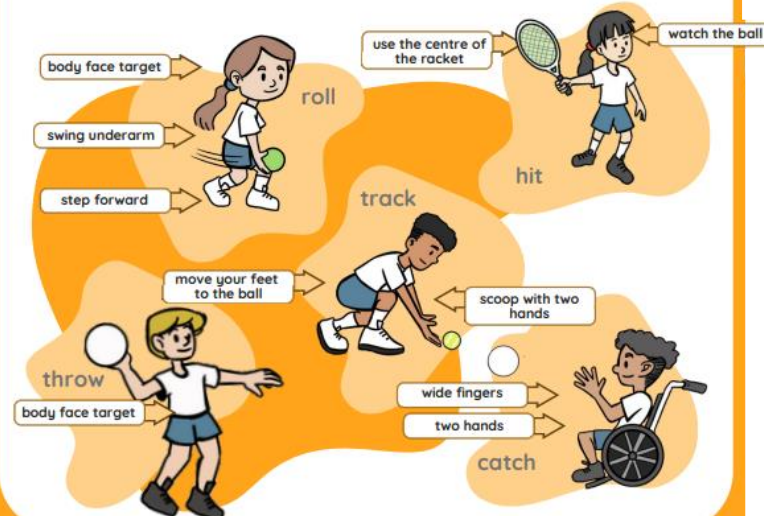
Social support others, communication

Emotional determination, honesty, independence

Thinking comprehension, select and apply skills

About this Unit

When we talk about sending a ball, we mean throwing, kicking or hitting it to someone else. Receiving a ball is like catching it or stopping it when it comes to you. So, when your friend sends the ball your way, you use your hands, feet or racket to catch it or stop it from rolling away. It's like giving the ball a gentle hug when it comes to you.



Ladder Knowledge



Sending:

Face your body towards your target when sending to help you to balance.
Look at your partner before sending the ball.

Receiving:

Watch the ball as it comes towards you.