

What should I already know?

- How to catch a ball with two hands.
- How to dribble with hands and feet.
- How to throw with some accuracy.
- How to track a ball coming towards me.

Key Vocabulary and definitions

Receive	To catch or control a ball that is thrown or kicked to you.
Control	To stay in control of your body movement.
Bounce	When something such as a ball moves up or away after hitting a surface.
Dribble	Moving a ball along the ground with repeated small kicks or hits.
Kick	A physical strike using the leg usually with the foot.
Touch	A person's ability to control the ball and make it do what they want.
Roll	The complete rotation of an object on the ground.
Prepare	Being ready to receive or control the ball.
Underarm	A style of throwing where the hand is swung below the shoulder level.

Key Knowledge & Skills

- To begin to provide feedback using key words.
- To begin to understand and use simple tactics.
- To dribble a ball with hands and feet with some control.
- To roll and throw a ball to hit a target.
- To send and receive a ball using both kicking and throwing and catching skills.
- To track a ball and collect it.
- To work co-operatively with a partner and small group.

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

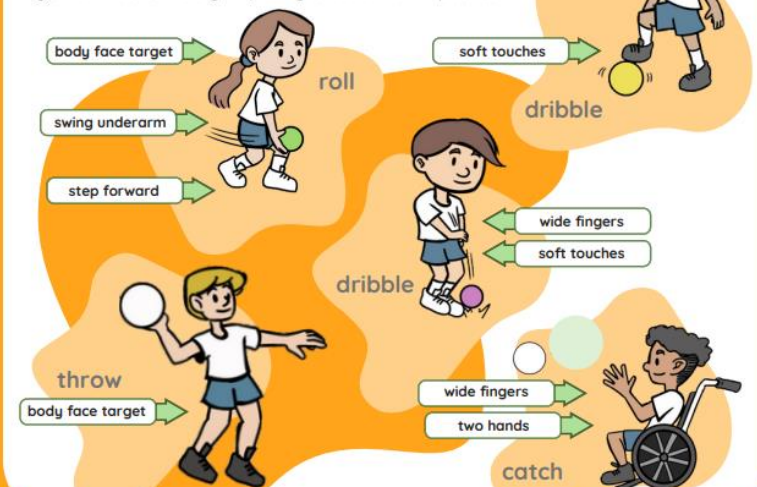
Social inclusion, communication, collaboration, leadership

Emotional independence, honesty, perseverance, determination

Thinking comprehension, select and apply skills, use tactics

About this Unit

Ball skills are important because they can be used in lots of other games. Learning different ball 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 ball skills with practise.



Ladder Knowledge



Sending:

Step forward with your opposite foot to throwing arm. This will help you to balance.

Catching:

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

Tracking:

It is easier to move towards a ball to track it than chase it.

Dribbling:

Keep your head up when dribbling to see the space and other players.