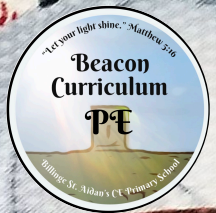


Year 2 - Ball Skills - HT2/3

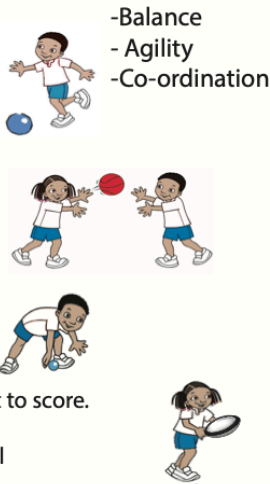


Prior Learning: In year 1, children learned to throw, catch and roll various shaped/size balls e.g netball, rugby, basketballs. They were taught to pass the ball with their hands and feet. They also dribbled the ball with the hands and feet. They learned how to score in a variety of ways. They learned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

Thinking Me

- To make a decision in a game

Value Me:

- Resilience
- Fair play

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

I can statements	✓ X
Catch a ball in an adapted game	
Bounce pass from a short distance to a partner.	
Small sided games (super hero ball) Small sided games 3v3 encouraging chest passes in game	
Play an adapted super hero netball game. One team is to attack and attempt to score, the opposing team is to stop (defending) them from scoring.	
Scoring in a variety of ways and begin to use in a game situation	
Stopping a ball with the sole and inside of feet	
Pass the ball to a partner P.P.P, Plant, Pass Point to help with accuracy	
Dribble the ball with the inside of feet keeping the ball close to their body	
Tag game- trying to catch their partner	
Scoring in a variety of ways and begin to use scoring techniques game situations > Play a tag game whilst moving at speed	
Move with the ball holding it with hands - in 'W' shape at chest height	
Pass the ball sideways- with smile technique	
Dodge around a defender in small area	
Scoring a try in a 2v2 game in the end zone	
Catch a ball in an adapted game	

Anything else you have learnt? What have you enjoyed?