

P.E.

Year 3 – Ball skills



Knowledge & Skills

Sending

Knowledge – To adapt the throw/pass for the situation e.g. distance, speed, defender

Skill – To throw/pass a ball accurately

Catching

Knowledge – To understand to move your feet when receiving the ball.

Skill – To catch the ball successfully

Tracking

Knowledge – To understand tracking is vital in all invasion games

Skill – To know where the ball is at all times and react to the ball

Dribbling

Knowledge – To understand that dribbling is an attacking skills to help us move towards the goal

Skill – To dribble with soft hands/touches to keep ball under control

Golden Threads

Motor competence – Manipulate objects

- track
- throw
- catch
- dribble
- kick

Healthy participation

How will this unit help your body?

Agility, balance, co-ordination, speed

Rules, strategies and & tactics

Whether you are using your hands or feet, lots of teaching points that help you to use a ball are the same. For example, when dribbling a ball with your hands, feet or even bouncing it on a racket, using soft touches will help you to control it. See if you can think of any other teaching points that are the same even when using different body parts.

Examples of games that use ball skills:

Invasion Games

Netball
Football
Tag Rugby
Handball
Basketball

Striking & Fielding Games

Rounders

Net & Wall Games

Tennis



Key vocabulary

Accurate: successful in reaching the intended target

Control: being able to perform a skill with good technique

Possession: when a team has the ball they are in possession

Track: to move your body to get in line with a ball that is coming towards you

Key Question: Why are ball skills so important in a variety of games?