

# 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

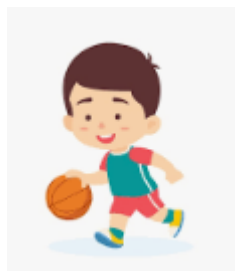
Netball  
Football  
Tag Rugby  
Handball  
Basketball

#### 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?**