

# P.E.

## Year 4 – Ball skills



### Knowledge & Skills

#### Sending

Knowledge – To use a variety of ways to send the ball and it may depend on the situation e.g. distance, speed, if there is a defender.

Skill – To use a range of throwing techniques to throw to a target.

#### Catching

Knowledge – Adjust your hands to the height of the ball. Little fingers together for a close catch, thumbs together for a high catch.

Skill – To catch different sized objects with increasing consistency with one and two hands.

#### Tracking

Knowledge – Tracking a ball is an important skill used in games activities such as rounders, football and tennis.

Skill – To consistently track the path of a ball that is not sent directly to me.

#### Dribbling

Knowledge – Dribbling with soft hands/touches will help you to keep control.

Skill – To dribble a ball with increasing control and co-ordination.

## 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

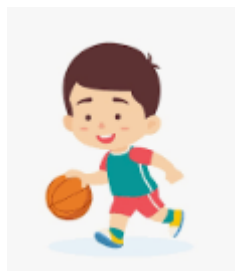
Netball  
Football  
Tag Rugby  
Handball  
Basketball

#### Striking & Fielding Games

Rounders

#### Net & Wall Games

Tennis



### Key vocabulary

Control: being able to perform a skill with good technique

Momentum: the direction created by weight and power

Possession: when a team has the ball

Power: speed and strength combined

Pressure: to add challenge

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