



Physical Education
Ball Skills Hands 1 Foundation

Unit Purpose

The unit of work will **explore** different ways of using our hands to move with a ball, keeping control.

Pupils will explore **rolling, pushing** and **bouncing** a ball with a partner.

Inspire Me

Did you know... The most games of tenpin bowling completed in a row is 643 games. This was achieved by Stephen Shanabrook from USA who played for a whopping 134 hours and 57 minutes.



Key Success Criteria

- P** Pupils will develop their ability to push, roll and bounce a ball with control. They will learn to move the ball into spaces, avoiding defenders.
- C** Pupils will develop their concentration skills by focusing on the ball as they move it. Pupils will use their imagination as they take part in game activities.
- S** Pupils will develop life skills such as gratitude and empathy as they encourage and support each other.
- W** Pupils will apply their skills with developing success as they demonstrate courage and self belief to keep working as hard as possible.

Vocabulary for Learning

Space: is an open area on the pitch that is unoccupied by another player. The attacker in possession of the ball needs to identify open spaces to move into keeping control.

Control: means keeping the ball close to us when we are dribbling, preventing the defenders from gaining possession. If the ball is under control by the attacker in possession it should not go out of the playing area.

Defender: We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to try and prevent the attackers from scoring.



Sport Specific Vocabulary

Bouncing: means using our hands to push the ball towards the floor. If the attacker in possession of the ball continuously bounces the ball and moves around the space, keeping control this is known as dribbling.

Rolling: is a method of sending the ball along the floor. A ball can be rolled using our hands towards a target or our partner.

Pushing: is a method of sending the ball using our hands. The person pushing the ball will extend their hands away from their body to direct the ball towards a target or their partner.

