



Physical Education

Ball Skills Hands 2 Foundation

Unit Purpose

The unit of work will **explore** the different ways of **throwing, rolling** and **stopping** a ball.

Pupils will start to learn why we need to aim when we are throwing and understand how to be ready to catch too.

Inspire Me

Did you know... sports such as cricket and rounders require you to catch the ball to stop the batter from scoring points. The most catches taken by a cricketer is **532** by Mark Boucher a South African wicket keeper.



Key Success Criteria

- P** Pupils will develop their ability to throw, roll and stop a ball with control. Pupils will explore catching and will be ready to receive a ball.
- C** Pupils will develop life skills such as concentration by focusing on the ball and the target. Pupils will listen carefully and follow the instructions.
- S** Pupils will develop life skills such as fairness 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

Control: means keeping the ball close to us when we are dribbling, preventing the defenders from gaining possession.

Accuracy: is the ability to control where we throw or roll and object.

Aiming: is the ability to use our bodies to direct an object towards a target.

Distance: is defined as the length of space between two points. This usually means how far an object has been thrown.

Power: is the intensity and speed that an object is thrown or rolled.



Sport Specific Vocabulary

Throwing: means using your arm/hand to propel a ball with force through the air to a specific target or area.

Catching: means holding the object with our hands that is hit or thrown to us usually before it touches the ground.

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.

Stopping: is a fielding method used by a fielder to prevent the ball going past them.

