

Ball Skills Knowledge Organiser - Year 1



Prior Learning: In Early years, children began to develop fundamentals of movement e.g. running, jumping, hopping, skipping. Children learned to negotiate space and obstacles safely; with consideration for themselves and others. They also developed their hand eye co-ordination throwing and catching a variety of objects.

Key Skills

Physical Me

- **Passing**- The ball with feet
 - The ball with hands
- **Dribbling** - The ball with feet
 - The ball with hands
- **Throwing** - Over arm
 - Underarm
 - At a target
- **Catching**- different shaped balls
- **Rolling**- Underarm
- **Throwing** into a goal, hoop, target to score.
- **Running**- To receive/intercept a ball
 - with a ball in hands



Thinking Me

- To make a decision in a game

Value Me:

- Determination
- Teamwork

Social Me

- Communicate with others
- Co-operate with others

Key Vocabulary

Control

Pass

Target

Catch

Personal Best

Team

Dribble

Game

Score

Games you can use your ball skills in...

- Basketball
- Football
- Rugby
- Handball
- Hockey
- Lacrosse
- Netball

Games (Invasion) have...

Attackers

- Aim to score a goal or point
- Create space
- Keep possession
- Move into a scoring position

Defenders

- Try and stop the opposition from scoring
- Mark the opposition
- Try and win the ball back

Key Knowledge

Catching - Hands out in 'W' shape to make a target to receive

Passing (feet) - Use the inside of foot, point in direction of pass

Passing (hands)- Step into pass, point in direction of pass

Throwing- Use opposite arm and opposite leg, Point in the direction with the non throwing hand.

Or in Rugby point with the ball in the direction you throw

Dribble (with hands) - push not pat the ball, look up

Dribble (with feet) - Use the inside of foot, head up