



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 an 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 ball with our hands when it 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.





Physical Education

Ball Skills Hands 2 Year 1

Unit Purpose

The unit of work will **consolidate** pupil's ability to **accurately** roll a ball towards a target.

Pupils will combine their **sending** and **stopping** skills, applying their prior knowledge of where we send a ball and why to score points to beat an opponent.

Inspire Me

Did you know... in ten pin bowling the most points you can score is 300, this is known as the 'perfect game'. As of 2021 there have been only 37 officially certified 'perfect games'.



Key Success Criteria

- P** Pupils will be able to send a ball towards a target, applying the correct technique. Pupils will aim carefully in order to score a point to beat an opponent.
- C** Pupils will develop their concentration skills as they focus on the target, their partner and the ball.
- S** Pupils will develop life skills such as fairness and empathy as they work well with others, playing by the rules.
- W** Pupils will develop and apply life skills such as self belief and honesty as they strive to improve their own performance, always keeping the score and playing fairly.



“ Vocabulary for Learning

Batter: Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many rounders as possible.

Fielder: A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to prevent the batter from scoring.

Opponent: means a player on the other team.

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

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



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 ball with our hands when it 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.



Physical Education

Ball Skills Hands 2 Year 2

Unit Purpose

The unit of work will challenge pupils to apply their understanding of **underarm** and **overarm throwing** to beat their opponents.

Pupils will further extend their understanding of why we need to be accurate when we throw.

Inspire Me

Did you know... the world record for throwing a cricket ball stands at 128.6metres - that's an incredible 140 yards and two feet.



Key Success Criteria

- P** Pupils will be able to throw accurately underarm and execute a developing understanding of overarm throwing, in order to beat an opponent.
- C** Pupils will focus on their partner and team members developing an understanding of the consequences in a game when mistakes are made.
- S** Pupils will develop life skills such as communication and empathy as they listen to their partner and team members, working collaboratively together.
- W** Pupils will apply life skills such as self belief and integrity as they strive to improve their own performance, always keeping the score and playing fairly.



“ Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession or in control of the ball.

Defender: We are considered a 'defender' when we are not in possession or in control of the ball.

Batting: Batting is the skill of hitting a ball with a bat into a space to score runs or rounders. The aim of the game for the batter (attacking team) is to score as many runs or rounders as possible.

Fielder: A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to prevent the batter from scoring runs or a rounder.

Space: is an open area on the court that is unoccupied by your opponent or the defending team.



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 ball with our hands when it is hit or thrown to us, usually before it touches the ground.

