



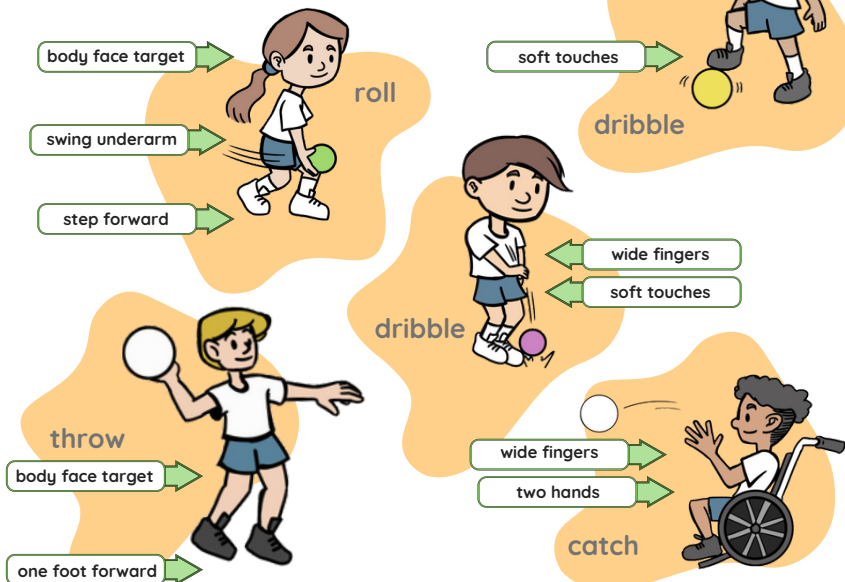
Get Set 4 Education

# Knowledge Organiser

## Ball Skills Y1

### About this Unit

You can move a ball in lots of different ways, using different body parts.



### Key Vocabulary



catch	safely	swing
control	score	target
dribble	space	track
ready position	soft	underarm
roll		



### This unit will help you to:

- change direction
- balance
- move different body parts at the same time
- be faster
- move for longer

### Ladder Knowledge



- |  |   |  |  |
|--|---|--|--|
| <b>Sending:</b><br>Face your body towards your target when rolling and throwing underarm. It will help you to balance. | <b>Catching:</b><br>Watch the ball as it comes towards you. | <b>Tracking:</b><br>Move your feet to get in the line with the ball. | <b>Dribbling:</b><br>Moving with a ball is called dribbling. You can dribble with your hands and with your feet. |
|--|---|--|--|

### Movement Skills

- dribble with hands
- roll
- throw
- catch
- dribble with feet
- track

This unit will also help you to develop other important skills.

**Social** communication, support others, co-operation

**Emotional** perseverance, honesty, determination

**Thinking** exploration, make decisions, comprehension, use tactics

### Strategies

For all ball skills use these tips:

Track the ball as it comes towards.  
Point your hand or foot towards your target when sending the ball.  
Cushion the ball as you receive it.

### Healthy Participation



- Make sure unused balls are stored in a safe place.
- Make sure you work in a safe space and show an awareness of others as you use the ball.

### Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



### Bottle Skittles



**What you need:** plastic bottles, a pair of socks, 1 or more players

#### How to play:

- Use empty plastic bottles as skittles. Set them up approx. 5m away.
- Use a pair of socks rolled into a ball and try to hit as many skittles as possible down.

Playing with more people?  
See how many throws it takes each player to knock down all of the skittles.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit. @getset4education136