

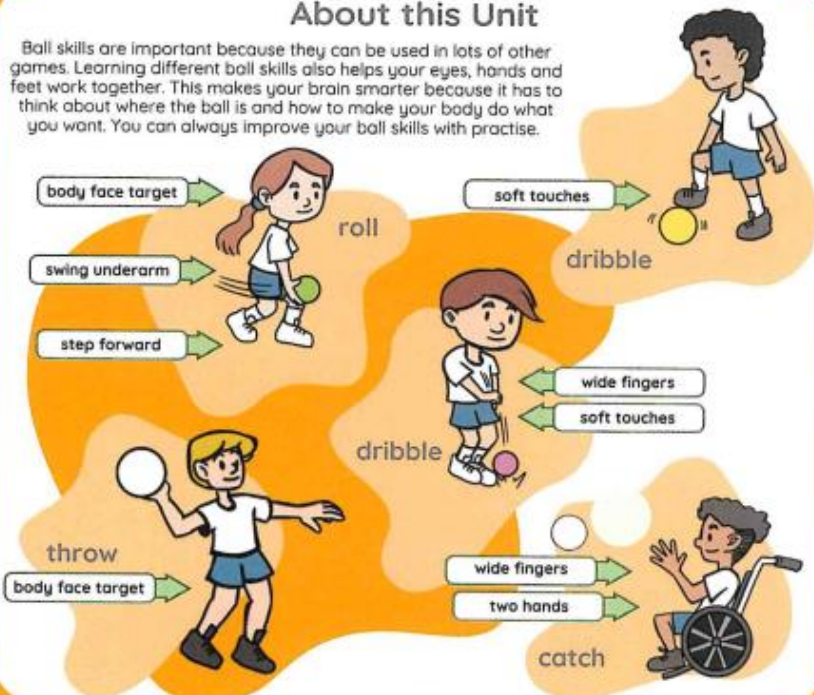


Get Set 4 Education

Knowledge Organiser Ball Skills Y2

About this Unit

Ball skills are important because they can be used in lots of other games. Learning different ball skills also helps your eyes, hands and feet work together. This makes your brain smarter because it has to think about where the ball is and how to make your body do what you want. You can always improve your ball skills with practise.



Ladder Knowledge



Sending:	Catching:	Tracking:	Dribbling:
Step forward with your opposite foot to throwing arm. This will help you to balance.	Use wide fingers and pull the ball into your chest to catch securely.	It is easier to move towards a ball to track it than chase it.	Keep your head up when dribbling to see the space and other players.

Movement Skills

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

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

Social	inclusion, communication, collaboration, leadership
Emotional	independence, honesty, perseverance, determination
Thinking	comprehension, select and apply skills, 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

Sock Boule

What you need: a target object, rolled up socks, 2 or more players

How to play:

- Each player has three pairs of rolled up socks.
- Place the target object seven big steps away from you.
- Take it in turns to throw your socks as close to the target as possible.
- The winner for each round is the person who gets their socks closest to the target, they get one point for winning the round.
- First player to 5 points wins.

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Key Vocabulary



bounce

catch

collect

control

dribble

kick

prepare

receive

release

roll

target

touch

underarm

If you enjoy this unit why not see if there is a ball game e.g. a basketball club in your local area.



This unit will help you to:

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

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



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