

## What should I already know?

- How negotiate space safely.
- How to roll a ball to a target.
- How to stop a ball with control.
- How to be accurate when throwing.

## Key Vocabulary and definitions

Catch	To intercept a ball and position the hands to receive it.
Control	To stay in control of your body movement.
Swing	To move back and forward or from side to side.
Dribble	Moving a ball along the ground with repeated small kicks or hits.
Score	To win or get a point or goal.
Target	An area in a game which players send an object towards.
Ready position	Having a strong, balanced, and agile base by having feet shoulder width apart and slight bent knees.
Track	Watching an object to know where it is going.
Soft	Not strong or forceful, using a gentle touch.
Underarm	A style of throwing where the hand is swung below the shoulder level.

## Key Knowledge & Skills

- To begin to catch with two hands.
- To begin to dribble a ball with hands and feet.
- To begin to understand simple tactics.
- To roll and throw with some accuracy towards a target.
- To say when someone was successful.
- To track a ball that is coming towards me.
- To work co-operatively with a partner.

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

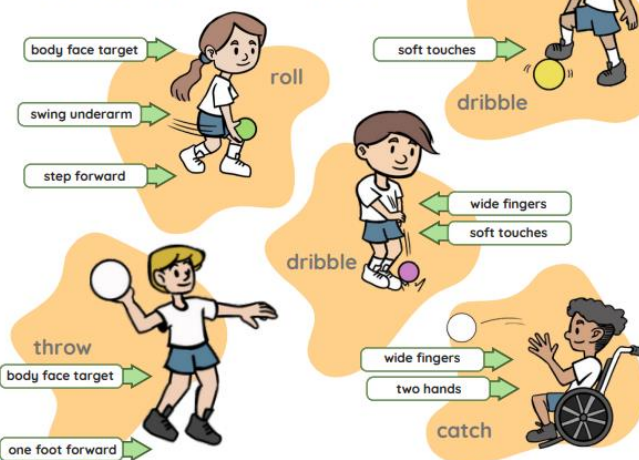
**Social** communication, support others, co-operation

**Emotional** perseverance, honesty, determination

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

## About this Unit

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



## Ladder Knowledge



### Sending:

Face your body towards your target when rolling and throwing underarm. It will help you to balance.

### Catching:

Watch the ball as it comes towards you.

### Tracking:

Move your feet to get in the line with the ball.

### Dribbling:

Moving with a ball is called dribbling. You can dribble with your hands and with your feet.