

# Year 3 Term 4 P.E: Ball skills



Curriculum Key Question: How can I look after myself and others?

Topic: Iron Man – friend or foe?

## What should I already know?

- I am beginning to provide feedback using key words.
- I am beginning to understand and use simple tactics.
- I can dribble a ball with my hands and feet with some control.
- I can roll and throw a ball to hit a target.
- I can send and receive a ball using both kicking and throwing and catching skills.
- I can track a ball and collect it.
- I can work co-operatively with a partner and a small group.

## Key Skills: Physical

- Tracking a ball
- Throwing
- Catching
- Dribbling



## Key Skills: S.E.T

- Social: Supporting others
- Social: Co-operation
- Social: Communication
- Social: Managing games
- Emotional: Perseverance
- Emotional: Honesty
- Emotional: Respect
- Emotional: Challenging self
- Thinking: Decision making
- Thinking: Developing tactics
- Thinking: Creativity

## Key Vocabulary

**Dribble:** To move the ball using your feet or your hands.  
**Track:** To track is when a player moves their body to get in line with a ball that is coming towards them.  
**Send:** To pass to someone with using either your feet or hands.  
**Receive:** To collect or stop a ball that is sent to you using either your hands or feet.

## Skills I will develop:

- catch different sized objects with increasing consistency with two hands.
- dribble a ball with control.
- persevere when learning a new skill.
- provide feedback using key words.
- show a variety of throwing techniques.
- throw with accuracy and increasing consistency to a target.
- track the path of a ball that is not sent directly to me..



## Examples of games that use ball skills

Target Games	Invasion	Striking & Fielding	Net & Wall
Boules	Netball		
Boccia	Football	Rounders	Tennis
New Age Kurling	Tag Rugby	Cricket	Volleyball
Dodgeball	Handball	Baseball	Badminton
	Basketball		

## What are Ball skills?

**Pupils will have the opportunity to develop their accuracy and consistency when tracking a ball. They will explore a variety of throwing techniques and will learn to select the appropriate throw for the situation. They will develop catching with one and two hands as well as dribbling with feet and hands. These skills will then be applied to small group games. Pupils will have the opportunity to take on different roles and work both individually and with others.**