

# Knowledge Organiser: Ball Skills Year 3 and 4

# Links to the PE National Curriculum

- Pupils develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time and engage in competitive sports and activities.
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.

# vsical Key Skills: S.E.T

# **Key Skills: Physical**

- Tracking a ball
- Throwing
- Catching





- 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

# 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		

# **Key Vocabulary:**

• track	<ul><li>overhead</li></ul>	<ul><li>accurate</li></ul>
<ul><li>bounce</li></ul>	receive	persevere
release	chest	<ul><li>technique</li></ul>
consistency	select	<ul><li>control</li></ul>

# **Teacher Glossary**

**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.



# Where this unit sits

**Assessment Criteria** 

## Year 2

- 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.

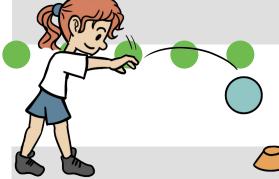
## Year 3

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

## Year 4

- I can accurately use a range of throwing techniques to throw to a target.
- I can catch different sized objects with
- increasing consistency with one and two hands.
- I can consistently track the path of a ball
- that is not sent directly to me.
- I can dribble a ball with increasing control and co-ordination.
- I can persevere when learning a new skill.
- I can provide feedback using key
- terminology and understand what I need to
  - do to improve.

Assessment criteria for Invasion Net and Wall Striking and Fielding and Target Games units in Year 5





## **Sending**

Demonstrate clear technique when sending a ball under pressure.

## Sending

Accurately use a range of techniques to send a ball to a target.

Sending

Send a ball with accuracy and increasing

consistency to a target.

# **Catching**

Demonstrate good technique under pressure.

Catch different sized objects with increasing consistency with one and two hands.

### Catching

Catch a range of objects with increasing consistency.

**Catching** 

- two hands.

# Year

Progression of Skills Ladder

# Year

# Year

# Year

## **Tracking**

Demonstrate a range of techniques when tracking and collecting a ball.

## **Tracking**

Consistently track a ball sent directly and indirectly.

# **Tracking**

Track a ball not sent directly.

# **Tracking**

Consistently track and collect a ball being sent directly.

# **Dribbling**

Dribble with some control under pressure.

## **Dribbling**

Dribble a ball with increasing control and co-ordination.

# **Dribbling**

Dribble a ball with hands and feet with control.

# Dribbling

Dribble a ball with hands and feet with some control.

# Sending

Roll, throw and kick a ball to hit a target.

## Catching

- Develop catching a range of objects with
  - Catch with and without a bounce.