



Subject: PE

Topic: Ball skills

Year group: 2

Term: Spring 2

National Curriculum Objectives:

KS1: Master basic movements including throwing and catching.

Participating in team games, developing simple tactics for attacking and defending.

Key Questions

1. How can stepping with your opposite foot help you stay balanced when throwing?
2. Why is it important to watch the ball closely when catching?
3. How can moving your feet help you get in line with the ball when tracking it?
4. What is dribbling and how does it help you move with a ball under control?

Prior Learning:

In Year 1:

- Drop and catch a ball after one bounce on the move.
- Move a ball using different parts of the foot.
- Throw and roll towards a target with some varying techniques.
- Kick towards stationary target.
- Catch a beanbag and a medium-sized ball.
- Attempt to track balls and other equipment sent to them.
- Strike a stationary ball using a racket.
- Run, stop and change direction with some balance and control.
- Recognise space in relation to others.
- Begin to use simple tactics with guidance.

Future Learning

In Year 3:

- Dribble the ball with one hand with some control in game situations.
- Dribble a ball with feet with some control in game situations.
- Use a variety of throwing techniques in game situations
- Kick towards a partner in game situations.
- Catch a ball passed to them using one and two hands with some success.
- Receive a ball sent to them using different parts of the foot.
- Strike a ball with varying techniques.
- Change direction with increasing speed in game situations.
- Use space with some success in different situations.
- Use simple tactics individually and within a team.

Substantive Knowledge (key facts, dates and concepts)

- **Sending:** To know that stepping with opposite foot to throwing arm will help me to balance.
- **Catching:** To know to watch the ball as it comes towards me.
- **Tracking:** To know to move my feet to get in the line with the ball.
- **Dribbling:** To know that moving with a ball is called dribbling.

Disciplinary Knowledge (thinking and working like an athlete)

Sending: roll, throw and kick a ball to hit a target.

Catching: develop catching a range of objects with two hands. Catch with and without a bounce.

Tracking: track a ball being sent directly.

Dribbling: explore dribbling with hands and feet.

To be able to develop rolling to hit a target.

To be able to develop stopping a rolling ball.

To be able to develop dribbling a ball with your feet.

To be able to develop kicking a ball.

To be able to develop throwing and catching.

To be able to develop dribbling with your hands.

Sequence of lessons

1. Developing rolling a ball to hit a target.

Sticky Knowledge

1. What do I need to do when a ball is coming towards me? (I need to watch the ball carefully and get into position.) – EYFS/Y1
2. What does a ready position look like when I am catching a ball? (My eyes are focused, my hands are out and ready, and my body is balanced.) – EYFS/Y1
3. Why do we use two hands when catching a ball? (Using two hands helps me catch the ball more safely and with more control.) – EYFS

Intent

Substantive knowledge: To know that control, aim, and force help us roll a ball towards a target successfully.
Disciplinary knowledge: To develop rolling skills to hit a target using accuracy, control, and correct technique.

2. Developing stopping a rolling ball.

Sticky Knowledge

1. What do I need to do with my eyes when a ball is in my hands? (I need to look where I want the ball to go) – EYFS
2. Why is it important to stay balanced when sending a ball? (Being balanced helps me control the direction of the ball.) – Y1
3. What happens if I send a ball too hard or too softly? (The ball might not reach the target or could go too far.) – Y1

Intent

Substantive knowledge: To know that watching the ball and using control helps us stop a rolling ball successfully.
Disciplinary knowledge: To develop stopping a rolling ball using coordination, balance, and control.

3. Developing dribbling a ball with your feet.

Sticky Knowledge

1. Why do I need to move my body when receiving a ball? (Moving my body helps me get into the best position to receive the ball successfully) – Y1
2. Why is it important to keep the ball close to our feet? (It helps us stay in control while moving.) – Y2
3. How can we use space to help us pass or receive better? (Space helps us move into a clear position.) – Y2

Intent

Substantive knowledge: To know that dribbling is moving with a ball using controlled touches.
Disciplinary knowledge: To develop dribbling skills using control, coordination, and awareness of space.

4. Developing kicking a ball.

Sticky Knowledge

1. Which part of my foot can I use to send a ball with control? (I can use the inside of my foot to send the ball with control.) – Y1
2. Why do I use small touches when moving a ball with my feet? (Small touches help me keep the ball close and in control.) – Y1
3. Why is control important when stopping a ball? (Control helps keep the ball close and prevents it bouncing away.) – Y1/Y2

Intent

Substantive knowledge: To know that balance, control, and correct technique help us kick a ball effectively.
Disciplinary knowledge: To develop kicking skills using coordination, control, and accuracy.

5. Developing throwing and catching skills.

Sticky Knowledge

1. How can my body help me throw accurately? (By facing my target and staying balanced.) – Y1
2. What should my hands do when I am catching? (use wide fingers and pull the ball towards my chest) – Y2
3. Why is it important to get into the path of the ball? (Being in line helps us stop it more easily.) – Y1

Intent

Substantive knowledge: To know that coordination, balance, and control help us throw and catch successfully.
Disciplinary knowledge: To develop throwing and catching skills using accuracy, coordination, and control.

6. Developing dribbling with your hands.

Sticky Knowledge

1. Where should I look when dribbling? (I should keep my head up to see the space, my partner or opponents) – Y2
2. How can stepping forward help us throw? (Stepping forward helps guide the throw and add power.) – Y2
3. Why do we use the balls of our feet when dribbling a ball? (It helps us stay balanced, move quickly, and keep control of the ball.) – Y1

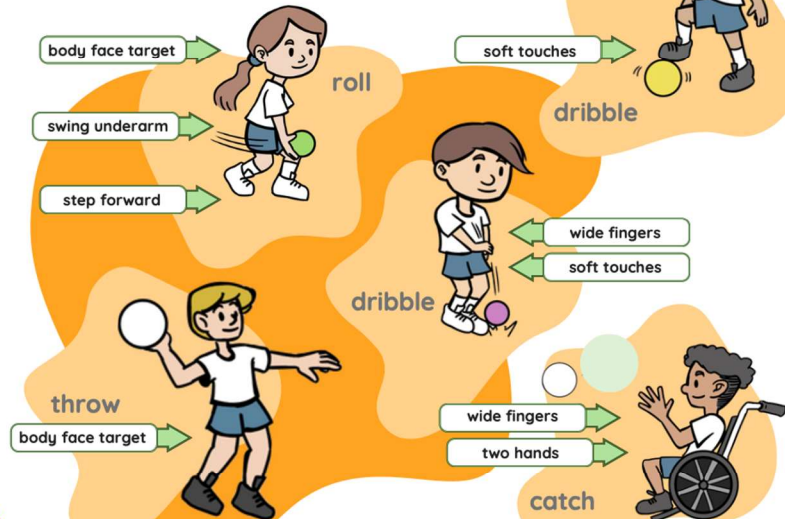
Intent

Substantive knowledge: To know that control, coordination, and body position help us dribble a ball with our hands.
Disciplinary knowledge: To develop dribbling skills using hands with control, coordination, and awareness of space.

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.



Key Vocabulary



bounce

catch

collect

control

dribble

kick

prepare

receive

release

roll

target

touch

underarm

Ladder Knowledge



Sending:

Step forward with your opposite foot to throwing arm. This will help you to balance.

Catching:

Use wide fingers and pull the ball into your chest to catch securely.

Tracking:

It is easier to move towards a ball to track it than chase it.

Dribbling:

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.



www.getset4education.co.uk



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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