



# PE - Knowledge Organiser

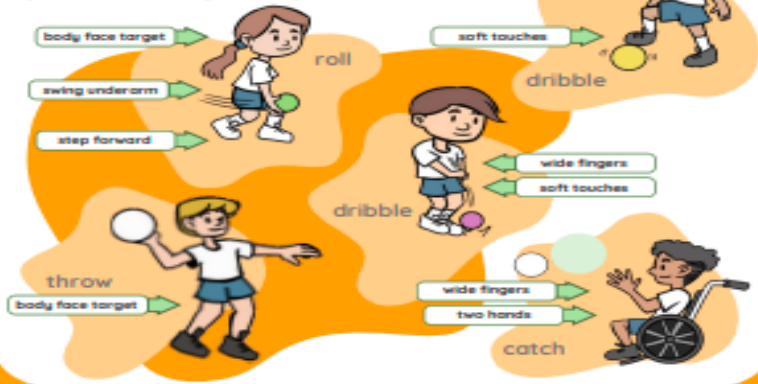
## Year 2 – Spring 1 – Ball Skills



### 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:

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.

#### Powerful Knowledge

- |         |         |          |
|---------|---------|----------|
| bounce  |         |          |
| catch   | kick    | roll     |
| collect | prepare | target   |
| control | receive | touch    |
| dribble | release | underarm |



This unit will help you to:

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

#### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

#### Sock Boule

**What you need:** a target object, rolled up socks, 3 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](http://www.getset4education.co.uk)

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



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