



PE - Knowledge Organiser

Summer 1 – Year 3 – Ball Skills



Knowledge Organiser Ball Skills Year 3

About this Unit

You can move a ball in lots of different ways using lots of different parts of your body. In this unit you will learn how tracking helps you to improve all of your ball skills. Tracking is like having a built-in radar for the ball, it helps you predict where the ball is going next, useful whether you are dribbling, catching, or passing to another teammate.



Do you know which of these sports uses each of these movement skills?

Examples of games that use ball skills:

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

Powerful Knowledge

accurate: successful in reaching the intended target
block: to prevent a movement or pathway of an object
opponent: someone not on your team
personal best: a target outcome of an individual
possession: when a team has the ball they are in possession
power: speed and strength combined
receive: to collect or stop a ball that is sent to you
technique: the action used correctly
track: to move your body to get in line with a ball that is coming towards you



If you enjoy this unit why not see if there is a ball game e.g. a football club in your local area.

How will this unit help your body?
agility, balance, co-ordination, speed

Ladder Knowledge



Sending:

Pointing your hand/foot to your target as you release will help you to send a ball accurately.

Catching:

Moving your feet to the ball will make you more successful at catching.

Tracking:

Use a ready position to help you to react to the ball.

Dribbling:

Dribbling is an attacking skill used in games which helps us to move towards a goal or away from defenders.

Movement Skills

- track
- throw
- catch
- dribble
- kick

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

- Social** respect, co-operation, communication
- Emotional** perseverance, motivation, self-regulation, concentration, independence
- Thinking** comprehension, select and apply, feedback, make decisions

Tactics

Being closer to the target may bring you more success. Moving the ball will make it harder for your opponents to track. Spreading out will make it harder for your opponents to see the space and score.

Healthy Participation

- Make sure unused balls are stored in a safe place to stop them rolling.
- Make sure you work in a safe space and show an awareness of others as you send a ball.

Home Learning

Ballers

What you need: 1 ball, 1 wall, 4 markers and 2 players, a timer

How to play:

- **Throwing:** throw the ball against a wall and catch the rebound. How many can you catch in 1 minute?
- **Catching:** Stand opposite a partner. Each successful catch earns a point. How many points can you earn in 1 minute?
- **Dribbling:** Dribble around markers placed in a zigzag pattern. Time how long it takes to complete the course without touching the markers. Can you beat your own time with each attempt?
- **Kicking:** Set up a goal using two markers and practice kicking into the goal from different distances. Take turns to be the goal keeper. How many goals can you score in 1 minute?



www.getset4education.co.uk

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

@getset4education156