



Physical Education

Ball Skills Hands 1 Year 1

Unit Purpose

The unit of work will **develop** pupils' sending and receiving skills, applying and developing understanding of where we send a ball and why.

Pupils will combine their **sending** and **receiving** skills to keep **possession**. Pupils will explore stopping the ball.

Inspire Me

Did you know... that Basketball, Handball and Gaelic Football are sports that require us to dribble a ball with our hands. Water Polo is a sport that requires us to swim and dribble a ball using our hands at the same time.



Key Success Criteria

- P** Pupils will be able to send a ball towards a target, applying the correct technique and aiming carefully. Pupils will also be able to receive and stop a ball.
- C** Pupils will demonstrate developing concentration skills as they focus on the target, their partner and the ball.
- S** Pupils will develop life skills such as fairness and empathy as they work well with others and play by the rules.
- W** Pupils will develop and apply life skills such as self belief and honesty as they strive to improve their own performance and always keep the score playing fairly.

Vocabulary for Learning

Possession: is when we have physical control of the ball. This could be as an individual or when working as part of a team. It is when we have 'possession' that we can create the opportunity to score.

Space: is an open area on the pitch that is unoccupied by another player. The attacker in possession of the ball needs to identify open spaces to move into keeping control.

Control: means keeping the ball close to us when we are dribbling, preventing the defenders from gaining possession.

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. Our aim is to keep the ball away from the defenders.



Sport Specific Vocabulary

Dribbling: is a method of moving with the ball. The attacker in possession of the ball continuously bounces the ball on the floor in order to move around the court.

Accuracy: is the ability to control where we roll, bounce or push a ball.

Power: is the intensity and speed that a ball is rolled, bounced or pushed.

