

**What should I already know?**

You should already have been taught to use a variety of quoits, bean bags and balls in static situations.

Teamwork will have been touched on, you will have experienced different roles within a team. You will have used basic attacking principles such as avoiding defenders when trying to win the ball.

Basic rules for common games activities will have been experienced and you should know some similarities and differences between invasion, striking and fielding and net/wall games.

**What will I know by the end of the unit?**

- I will be able to create a target when receiving the ball.
- I will constantly keep my eye on the ball when catching.
- I will Keep the ball close to my stick to maintain control when dribbling in hockey.
- I will dribble using 'dirty fingers' and 'clean palm' technique in basketball.
- I will catch the ball when it is passed to me at varying pace and accuracy.
- I will consistently perform a 'step, push, point' pass technique.

**Vocabulary**

Passing	The action of throwing, hitting or kicking the ball to a team mate.
Receiving	Catching, stopping or trapping the ball successfully when passed to.
Anticipation	Predicting the movement of the ball or other player.
Speed	Fast and slow. Change your speed to get away from a defender.
Direction	The pathway you choose to travel on the court. Left, right, forwards, backward, cutting, driving, fading and diagonal.
Control	Keeping the ball close to you to maintain possession.
Shooting	When attacking, throwing, hitting or kicking the ball at the goal.
Dribbling	Bouncing or hitting the ball slightly in front of you whilst on the move.
Target	Your intended recipient. Also what you create with your hands when you wish to receive or catch the ball.
Cushioning	Taking the pace off of the ball when receiving to prevent injury.
Attacking	The principle of keeping the ball for your team and working to create a goal scoring opportunity.

**Diagram**

Look carefully at the hand positions for catching a small cricket ball. How does this differ from catching a larger netball or basketball?

**Key Information**

Ball skills lessons will take place outdoors. Pupils need full outdoor PE kit including trainers and astro's/boots for this topic.

We are proud to have been awarded a national 'Silver School Games Award' for our PE department's commitment to school sport and clubs. Useful clubs to attend to supplement learning in this topic are;

- Netball club
- Rugby Club
- Football Club
- Basketball Club



Homework in PE is completely optional but will always be gratefully received, marked and (sometimes) displayed by the PE department. Pupils can choose from the following activities.

1. Attend as many school clubs per week as you can (remember to collect an early lunch pass for each one).
2. Join an organised team or club out of school to experience competitive sport at local level.
3. Research and create a 'Rules of the Game' fact file for Netball, Rugby, Football, Hockey or Basketball. Your work should be handed to your PE teacher for feedback.

#### Learning Journey

- 1 - To be able to recognise and demonstrate effective passing and receiving skills.
- 2 - To apply turning and passing skills to successfully beat an opponent.
- 3 - To be able to maintain control when dribbling.
- 4 - To develop the use of hand eye coordination skills when shooting.
- 5 - To accurately replicate a range of multi circuit techniques.
- 6 - To demonstrate knowledge and understanding of the rules related to simplified versions of basketball, netball and hockey.