



Get Set 4  
Education

# Knowledge Organiser

## Ball Skills Year 3 and Year 4

### About this Unit

Ball skills build hand-eye co-ordination, spatial awareness and balance. You can control a ball using lots of different parts of your body. You may have seen a football player kick and dribble with their feet, or even use their head to header the ball, their hands to save a goal or throw the ball in from a sideline. The ball skills in this unit will help you in lots of activities and sports.



### Examples of games that use ball skills:



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

### Key Vocabulary



**accurate:** successful in reaching the intended target  
**block:** to prevent a movement or pathway of an object  
**collect:** to pick up  
**control:** being able to perform a skill with good technique  
**decision:** select an outcome  
**momentum:** the direction created by weight and power  
**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  
**pressure:** to add challenge  
**react:** to respond to quickly  
**receive:** to collect or stop a ball that is sent to you  
**select:** choose  
**technique:** the action used correctly  
**track:** to move your body to get in line with a ball that is coming towards you

### Ladder Knowledge



#### Sending:

**Year 3:** pointing your hand/foot/stick to your target as you release will help you to send a ball accurately.  
**Year 4:** you can use a variety of ways to send the ball and it may depend on the situation e.g. distance, speed, if there is a defender.

#### Catching:

**Year 3:** moving your feet to the ball will make you more successful at catching.  
**Year 4:** adjust your hands to the height of the ball. Little fingers together for a close catch, thumbs together for a high catch.

#### Tracking:

**Year 3:** use a ready position to help you to react to the ball.  
**Year 4:** tracking a ball is an important skill used in games activities such as rounders, football and tennis.

#### Dribbling:

**Year 3:** dribbling is an attacking skill used in games which helps us to move towards a goal or away from defenders.  
**Year 4:** dribbling with soft hands/touches will help you to keep control.

### Movement Skills

- track
- throw
- catch
- dribble
- kick

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

#### Social

communication, work safely, collaboration

#### Emotional

perseverance, personal challenge, calmness, fairness

#### Thinking

provide feedback, tactics, comprehension, reflection, make decisions

### Strategy

Whether you are using your hands or feet, lots of teaching points that help you to use a ball are the same. For example when dribbling a ball with your hands, feet or even bouncing it on a racket, using soft touches will help you to control it.

See if you can think of any other teaching points that are the same even when using different body parts.

### 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



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

### Kerby



**What you need:** 1 ball, two kerbs that are approx. 4m apart, 1 or more players

#### How to play:

- Players stand opposite each other on the pavement.
- Players take turns to throw to hit the opposite kerb.
- If successful the player can take a jump towards the opposite kerb and throw again.
- If unsuccessful the other player gets a turn.
- When throwing, if the ball bounces back and hits your own kerb or if it bounces back and you catch it, you take two jumps towards the opposite kerb.
- First player to reach the opposite kerb wins.

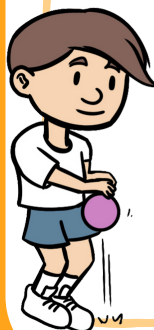
Play with more people by playing in teams.

[www.getset4education.co.uk](http://www.getset4education.co.uk)

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

How will this unit help your body?

agility, balance, co-ordination, speed



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



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