

# Knowledge Organiser

## Ball Skills 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:

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



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



#### Ladder Knowledge

**Sending:**  
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:**  
Adjust your hands to the height of the ball. Little fingers together for a close catch, thumbs together for a high catch.

**Tracking:**  
Tracking a ball is an important skill used in games activities such as rounders, football and tennis.

**Dribbling:**  
Dribbling with soft hands/touches will help you to keep control.

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

#### Movement Skills

- track
- throw
- catch
- dribble
- kick

**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.



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

#### Home Learning

##### 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)



**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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#### 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