

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:



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

Target Games

Boules
Boccia
New Age Kurling
Dodgeball

Invasion Games

Netball
Football
Tag Rugby
Handball
Basketball

Striking & Fielding Games

Rounders
Cricket
Baseball

Net & Wall Games

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:

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.

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

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.

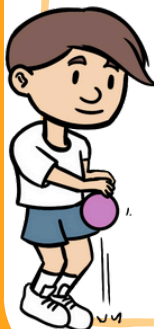
Play with more people by playing in teams.

www.getset4education.co.uk

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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