



Get Set 4
Education

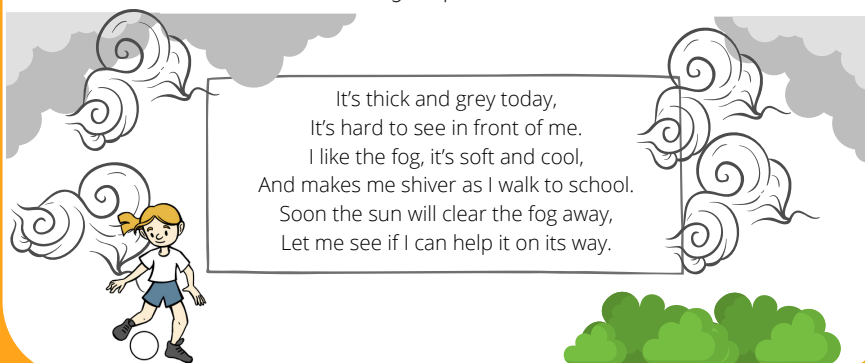
Knowledge Organiser

Ball Skills Unit 2

Nursery/Reception

About this Unit

In this unit children will develop their ball skills through the topic of 'weather'. Children will develop fundamental ball skills such as throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball. Children will be able to develop their fine and gross motor skills through a range of game play with balls. Children will work independently and with a partner and will develop decision making and using simple tactics.



Ladder Knowledge



Sending:

Children will learn to look at the target when sending a ball.

Catching:

Children will learn to have hands out ready to catch.

Tracking:

Children will learn to watch the ball as it comes towards them and scoop it up with two hands.

Dribbling:

Children will learn that keeping the ball close will help with control.

Personal, Social and Emotional

This unit will develop the following skills:

Social

co-operation, take turns, work safely, communication

Emotional

perseverance, independence, determination, honesty

Thinking

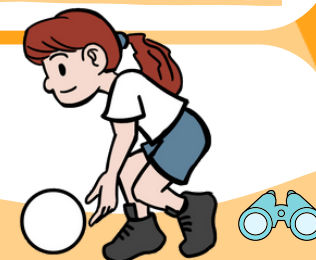
comprehension, use tactics

Physical Development



Physical Skills

- roll
- track
- throw
- dribble with hands
- dribble with feet
- kick
- catch



Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Children will be taught to:

- Move around safely and with control.
- Have an awareness of others and items in the teaching space.
- Take turns when instructed.
- To store equipment safely when not in use.

Communication and Language



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

Key Vocabulary

ball	partner	score
catch	ready	space
dribble	roll	target
kick	safely	throw



This unit will help children to:

- change direction
- balance
- move different body parts at the same time
- be faster
- move for longer



Kickaroo



What you need: a ball, pillows

How to Play:

- Place a pillow a few steps away. Practice kicking the ball to hit the pillow.
- Kick the ball and chase after it, try to catch it before it stops moving.
- Count how many times you can kick the ball within a certain time frame (e.g., 1 minute).
- Create an obstacle course using pillows. Kick the ball around the obstacles.



www.getset4education.co.uk

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



@getset4education136