



Ball Skills—Hands



PE
Year 1

Can I control a ball when dribbling (bouncing)? How many different ways can we send a ball?

How can a ball be stopped using our hands? Why do we need to be ready to stop the ball?

How can we prevent others passing the ball when using ways of stopping the ball?

Why do we need to be accurate when sending the ball? Why and how do we aim when sending the ball?

Why do we need to send a ball using different force and speeds?

What does possession mean? Can I combine my sending and receiving skills to keep possession of the ball?

Celebration/Evaluation

.Participate in a 'Piggy in the Middle' competition to show understanding of ball skills.

Key Vocabulary

Space, control, defender, bouncing, rolling, pushing, possession attacker, dribbling, accuracy, power, force

What to revisit?

EYFS Foundation—Ball Skills: Hands— rolling, pushing and bouncing a ball using hands