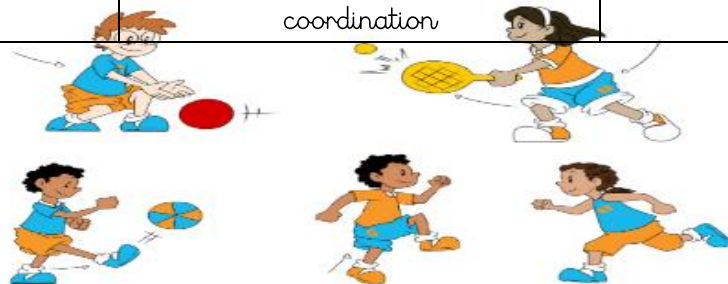


# YEAR 1 BALL SKILLS THROWING and CATCHING

*This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through gymnastics. In addition, we evaluate and recognise our own successes.*

Ball Skill: We will learn to develop flexibility, coordination, technique and control by completing different ball skills activities. In addition, we will compare our performances with previous ones and demonstrate improvement to achieve our personal best.

Key Vocabulary		
ball	catch	pace
dribble	technique	time
throw	posture	precision
kick	control	accuracy
hit	coordination	racket



Questions to develop learning	5-star self-rating
Am I able to bounce a ball?	★ ★ ★ ★ ★
Can I throw different size balls?	★ ★ ★ ★ ★
Am I able to kick a ball different distance?	★ ★ ★ ★ ★
Can I start to travel with a ball?	★ ★ ★ ★ ★
Can I hit a ball with a racket	★ ★ ★ ★ ★