



Improving your Ball Skills

Throwing a catching with a partner:

- Find a partner and a ball
- Stand, facing your partner a few paces away. Throw the ball to them, aiming at their waist
- Your partner tries to catch the ball and then throws it back
- Remember to be ready to receive the ball from your partner!



Making a good pass:

Communication!

- Make sure your partner knows exactly what is going on.
- Do you need to do this through speaking? How could you let your partner know what to expect without words?

Accuracy!

- A good passer can repeat the same pass more than once.
- Think about where you need to be looking.

Power!

- Can you throw the ball hard enough to reach your partner?
- What happens if you throw the ball too hard?



Year 2 – Ball Skills

Key Skills

- To throw, roll and catch different sized balls.
- To use my body to follow and stop a ball.
- To begin to dribble a ball with my hands and feet.
- To coordinate my body to send and receive a bouncing ball.
- To start to co-ordinate my body to track a ball and stop it.
- To sometimes dribble a ball with my hands and feet.
- To send and receive a ball using both kicking, bouncing, throwing and catching skills.

Equipment

Footballs, larger soft balls, tennis balls, beanbags, hockey sticks, tennis rackets, cricket bats, cones, hoops, bibs

Tips for good bouncing:

- Look forward;
- Push down with your finger tips and spread them out;
- Bounce high enough so that you can see the ball;
- Bend your knees.



Key Vocabulary

Key Vocabulary		✓
Send	To pass something to a partner using our hands or feet.	
Receive	To have something passed to us by a partner.	
Throw	To use our hands to pass something like a ball or beanbag.	
Bounce	To use our hands to push a ball downwards into the ground.	
Catch	To catch something that is thrown to us with our hands.	
Roll	To use our hands to pass a ball along the floor.	
Kick	To use our feet to pass a ball.	

Ball Skills games I'll play in Year 2

Get out of my swamp

Follow my leader

Relay races

Obstacle course

Cool down games

Arm circles

Follow the lines