



Year 1 – Ball Skills

Ball Skills Tips

Tips for good catching:

- Look at the ball
- Point your fingers to the ceiling
- Point your thumb back towards your body
- Cup your hands at the side of the ball.



Tips for good rolling:

- Use the right amount of force to send the ball the right distance
- Control the ball by giving it little shoves with your hand
- Watch where the ball is going
- Put your weight behind the object
- Bend your knees.



Tips for underarm throw:

- Look at the ball and your target
- Aim to throw the ball at waist height
- Keep your knees bend.



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.

Equipment

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



Key Vocabulary

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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 1

Rob the bank

Get out of my swamp

Across the river

Hit the hoop

Cool down games

Bounce around

Push ball

Stop and go