** Tigers – PE – Ball Skills**

***Key Skills:***

Physical:

* Rolling, kicking, throwing, catching, bouncing, dribbling, tracking.

Social:

* Communication, cooperation, leadership, supporting others

Emotional:

* Honesty, perseverance, challenging myself

Thinking:

* Using tactics, exploring actions, comprehension

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| ***Words to know and spell (Tier 2 Vocabulary)*** | | |
| Far | Aim | Safe |
| Throw | Send | Roll |
| Catch |  |  |

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| ***Words to understand and spell (Tier 3 Vocabulary)*** |

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| **Dribble** | To move the ball with either your hands or your feet. |
| **Track** | To track is when a player moves their body to get in line with a ball that is coming towards them. |
| **Receive** | To collect or stop a ball that is sent to you using either your hands or feet. |
| **Balance** | Evenly spreading the weight or an object or person so that they stay upright. |
| **Direction** | The way that the player or a ball are travelling. |

***Key skills to do:***

* Roll and throw with some accuracy towards a target.
* Begin to catch with two hands. Catch after a bounce.
* Track a ball being sent directly.
* Begin to bridle with hands and feet.

***Concept check questions. Test yourself:***

How do I catch a ball?

Was I successful? How do I know?

How can I take turns in this game?

What is a good technique for dribbling with my feet?