



# Lions – PE – Ball Skills

## Key Skills:

### Physical:

- Throwing a ball, catching, dribbling

### Social:

- Supporting others, co-operation, communication, managing games

### Emotional:

- Perseverance, honesty, respect, challenging myself

### Thinking:

- Decision-making, developing tactics, creativity.

## Key skills to do:

- Send a ball with accuracy and increasing consistency to a target.
- Catch a range of objects with increasing accuracy.
- Track a ball not sent directly.
- Dribble a ball with hands and feet with control.

## Words to know and spell (Tier 2 Vocabulary)

Control	Overhead	Bounce
Receive	Persevere	Release
Chest	Technique	Select



## Words to understand and spell (Tier 3 Vocabulary)

<b>Accurate</b>	Being correct or precise.
<b>Consistency</b>	Doing the same thing many times.
<b>Dribble</b>	To move the ball using the feet or the hands.
<b>Track</b>	To track is when a player moves their body to get in line with a ball that is coming towards them.

## Concept check questions. Test yourself:

What is a good catching technique?

How do you maintain control when dribbling a ball?

How can you throw a ball in different ways?