

PE

Ball Skills (Feet) KS1

Remember when

Travel in different ways (run, jump, skip, etc.)
 Handle a ball and move it in different ways (roll, bounce, throw)
 Travel in a variety of ways including running and jumping.
 Begin to perform a range of throws.
 Receive a ball with basic control
 Begin to develop hand-eye coordination
 Participate in simple games

Sticky skills

Be confident to send the ball to others in a range of ways.
 Begin to apply and combine a variety of skills (to a game situation)
 Develop strong spatial awareness.
 Begin to develop own games with peers.
 Understand the importance of rules in games.
 Develop simple tactics and use them appropriately.
 Begin to develop an understanding of attacking/defending

Key vocabulary

KS1

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. Our aim is to keep the ball away from the defenders.
Defender: We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to try and prevent the attackers from scoring.
Space: is an open area on the pitch that is unoccupied by a defender or the defending team. The attacker in possession of the ball need to identify open spaces to move into to keep the ball away from the defenders.
Dribbling: is a method of moving with the ball. The attacker in possession of the ball continuously kicks the ball, keeping it close to them in order to move around the pitch.
Passing: is a method of sending (kicking) the ball to our partner or another member of our team in order to keep possession of the ball.
Control: means keeping the ball close to us, preventing the defenders from gaining possession.

Learning Journey

Year 1

Ball Skills Feet Develop moving the ball using the feet
 Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point



Year 2

Develop dribbling/passing/ receiving, keeping possession Combine dribbling, passing and receiving, keeping possession/to score a point Apply dribbling, passing and receiving as a team to score a point

Cognitive

Year 1: Pupils will demonstrate developing concentration skills as they focus on the target, their partner and the ball.

Year 2: Pupils will focus on their partner and team members, developing an understanding of the consequences in a game when mistakes are made.

Social

Year 1: Pupils will develop life skills such as fairness and empathy as they work well with others and play by the rules.

Year 2: Pupils will develop communication and empathy as they listen to their partner and team members and work collaboratively together.

Wellness

Year 1: Pupils will develop and apply life skills such as self belief and honesty as they strive to improve their own performance and always keep the score playing fairly.

Year 2: Pupils will continue to effectively apply life skills such as self belief and integrity as they strive to improve their own performance whilst playing fairly.

National Curriculum

Pupils should be taught to: Master basic movements including running and jumping, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.

Learning Objective / Focus

Lesson Sequence Outline

Year One

Session 1: LO: to recap the different ways of using our feet to move with a ball.
Focus: Recap moving with a ball using our feet
Session 2: LO: to develop using our feet to move with a ball.
Focus: Develop moving the ball using the feet

Overview: The unit of work will develop pupils' ability to apply effective dribbling skills. Pupils will develop their understanding of why we need to be accurate when kicking (passing) a ball. Pupils will be able to collaborate and work together in a team.
Physical: Pupils will consolidate their ability to dribble the ball keeping control and moving into spaces. Pupils will develop their ability to pass the ball accurately.

	<p>Session 3: LO: to apply their dribbling technique, keeping the ball away from their opponents.</p> <p>Focus: Apply dribbling into games</p> <p>Session 4: LO: to understand the consequences of what happens if they do not dribble into space, keeping the ball close to them.</p> <p>Focus: Consolidate dribbling</p> <p>Session 5: LO: to understand how to kick a ball towards a target</p> <p>Focus: Explore kicking (passing)</p> <p>Session 6: LO: to develop understanding of why we need to be accurate when kicking (passing) a ball.</p> <p>Focus: Apply kicking (passing) to score a point</p>	<p><i>See session plans attached or log on to Complete PE to access relevant documents</i></p>	
<p>Year Two</p>	<p>Session 1: LO: to develop dribbling using our feet in order to keep control and possession of the ball.</p> <p>Focus: Develop dribbling: Keeping possession</p> <p>Session 2: LO: to develop passing and receiving using feet in order to keep possession of the ball.</p> <p>Focus: Develop passing and receiving: Keeping possession</p> <p>Session 3: LO: to combine dribbling, passing and receiving using feet in order to keep possession of the ball.</p> <p>Focus: Combine dribbling, passing and receiving, keeping possession</p> <p>Session 4: LO: To develop dribbling using feet in order to keep possession and score a point.</p> <p>Focus: Develop dribbling to score a point</p> <p>Session 5: LO: to combine dribbling, passing and receiving using feet, in order to keep possession and score a point.</p> <p>Focus: Combine dribbling, passing and receiving to score a point</p> <p>Session 6: LO: To apply knowledge and understanding of dribbling, passing and receiving in order to keep possession as a team and score a point.</p> <p>Focus: Apply dribbling, passing and receiving as a team to score a point</p>	<p>Overview: The unit of work will challenge pupils to apply their knowledge and understanding of dribbling, passing and receiving in order to keep possession as a team and score a point.</p> <p>Physical: Pupils will be able to apply their passing and dribbling skills in order to keep possession and score a point.</p> <p><i>See session plans attached or log on to Complete PE to access relevant documents</i></p>	
<p>Working towards</p>	<p>End of unit assessment Working at Age related expectations</p>		<p>Working at a greater depth</p>