



**Years
7-11**

**Pathway
1-3**

**Ball Skills
Autumn / Spring Term**

Learning Intention:

Pupils will be taught the fundamental ball skills through a range of drills and mini games; using a number of specialised pieces of equipment.

- They will develop fundamental ball skills that can be transferred into other sports.
- They will experience working with balls or a range of shapes and sizes and will practice skills in isolation before developing them in a more competitive context.
- They will be taught to play within the rules of a game and how to use them during game play activities.
- They will be provided with opportunities for collaboration with their peers; working and communicating together to try and beat their opponents. This will be an important life skill that can be transferred outside of PE lessons.

N.B. This scheme of work is not for a specified year or age group; the activities suggested vary in difficulty and teachers will select the appropriate ones for their group and differentiate accordingly. Learning within PE utilises spiral learning, so key concepts and skills are retaught each time to counter regression and then to increase difficulty.

Key knowledge that should be learned during this SoW	All	Most	Some
Concept:	<ul style="list-style-type: none"> ● To develop a degree of competency when sending, receiving and moving with a ball. ● To confidently play a game within the rules that involves a ball. ● To develop an understanding of how a team works when trying to achieve a common goal. ● To use ball skills to evade opponents, keeping possession and invading their area to score. ● Using spatial awareness to play different positions and understanding their role. ● Working as a team to think and play tactically and having a sense of positions. ● Understanding how to score within games. 		
Knowledge:	<ul style="list-style-type: none"> ● Names of sports balls ● Knowing which way they are shooting ● How to send and receive a ball 	<ul style="list-style-type: none"> ● Knowing when a goal has been scored ● How to change body position to receive a ball 	<ul style="list-style-type: none"> ● Knowing different rules in different games
Key Skills:	<ul style="list-style-type: none"> ● Underarm and overarm throwing, lacking 	<ul style="list-style-type: none"> ● Underarm and overarm throwing with 	<ul style="list-style-type: none"> ● Choosing the correct throwing style for the situation ● Moving hand

	<p>accuracy</p> <ul style="list-style-type: none"> ● Holding the correct hand shape to catch a large ball ● Moving independently with a ball, keeping control ● Selecting and aiming at a target 	<p>accuracy</p> <ul style="list-style-type: none"> ● Holding the correct hand shape to catch a small ball ● Moving independently at speed with a ball, keeping control ● Scoring in different game situations 	<p>formation to catch a ball in multiple situations</p> <ul style="list-style-type: none"> ● Moving independently with a ball in a competitive situation, keeping control and possession ● Changing position to make it easier to score in game situations
<p>Language and/or communication skills:</p>	<ul style="list-style-type: none"> ● Names of different sports involving a ball. ● Throw ● Catch ● Dribble ● Shoot 	<ul style="list-style-type: none"> ● Recognising successful performances of a skill ● Indicating when a goal has been scored. 	<ul style="list-style-type: none"> ● Communication with team mates ● Indicating when a rule has been broken

Curricular Links

- PSHE: Personal hygiene; cooperation; determination; teamwork
- Literacy: using keywords; building sentences to talk to others
- Numeracy: keeping score; counting passes
- Career links