

### Key Skills: Physical

- Rolling a ball
- Stopping a rolling ball
- Throwing at a target
- Bouncing a ball
- Dribbling a ball with feet
- Kicking a ball



### Key Skills: S.E.T

- Social: Co-operation
- Social: Supporting others
- Emotional: Honesty
- Emotional: Perseverance
- Thinking: Using tactics
- Thinking: Decision making

### Teacher Glossary

**Dribble:** To move the ball using your feet or your hands.

**Send:** To pass to someone with using either your feet or hands.

**Receive:** To collect or stop a ball that is sent to you using either your hands or feet.

**Safe space:** Space away from other people and objects.

**Travelling action:** Run, hop, jump, side step, skip, gallop etc.

## Where this unit sits

### Assessment Criteria

#### EYFS Early Learning Goals

- Physical: I can handle equipment effectively.
- Physical: I can move confidently in a range of ways.
- Physical: I can safely negotiate space.
- Physical: I can show good control and co-ordination in small and large movements.
- Physical: I can talk about ways to keep healthy and safe.
- Physical: I know the importance for good health and physical exercise.
- Social: I am sensitive to others' feelings.
- Social: I play co-operatively, taking turns.
- Emotional: I am confident to try new activities.
- Emotional: I ask for help if needed.
- Thinking: I can talk about my own ideas and use them in response to a task.
- Thinking: I understand and follow rules.

#### Year 1 Ball Skills

- I am beginning to catch with two hands.
- I am beginning to dribble a ball with my hands and feet.
- I am beginning to understand simple tactics.
- I can recognise changes in my body when I do exercise.
- I can roll and throw with some accuracy towards a target.
- I can say when someone was successful.
- I can track a ball that is coming towards me.
- I can work co-operatively with a partner.

### Key Vocabulary:

Encourage pupils to use this language in your lessons.

**EYFS** • Roll • Team • Space • Kick • Bounce  
• Throw • Safely • Stop • Listen

### Activities that this unit progresses into:

**Ball Skills : Unit 2**  
**Ball Skills**  
**Striking and fielding**  
**Invasion**  
**Net and wall**  
**Sending and receiving**

