



# PE - Knowledge Organiser

## Summer 1 – Reception – Ball Skills Unit 1



### Knowledge Organiser Ball Skills Unit 1 Nursery/Reception

#### About this Unit

In this unit children will develop their ball skills through the topic of 'minibeasts'. Children will develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball. Children will be able to develop their fine and gross motor skills through a range of game play using a variety of equipment. Children will be given opportunities to work independently and with a partner.



#### Ladder Knowledge



#### Sending:

Children will learn to look at the target when sending a ball.

#### Catching:

Children will learn to have hands out ready to catch.

#### Tracking:

Children will learn to watch the ball as it comes towards them and scoop it up with two hands.

#### Dribbling:

Children will learn that keeping the ball close will help with control.

#### Personal, Social and Emotional

**Social**  
**Emotional**  
**Thinking**

This unit will develop the following skills:  
work safely, collaboration, co-operation, support others  
perseverance, independence, honesty  
use tactics, comprehension

#### Physical Development

#### Physical Skills

- roll
- stop a rolling ball
- throw
- bounce
- catch
- dribble with feet
- kick



Children will be taught to:

- Move around safely and with control.
- Have an awareness of others and items in the teaching space.
- Take turns when instructed.
- To store equipment safely when not in use.

If you enjoy this unit why not see if there is a ball game e.g. a football club in your local area.



This unit will help children to:

- change direction
- balance
- move different body parts at the same time
- be faster
- move for longer

#### Communication and Language



#### Powerful Knowledge

bounce	points	score
catch	roll	space
dribble	run	target
hit	safely	throw
kick		

#### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



#### Kick, Roll, Throw



What you need: a ball, a target object

#### How to play:

- Players stand 5m away from a target object.
- Players explore hitting the target with a kicking, rolling and throwing.

#### Challenge:

How many times does it take for you to hit your target with kicking, rolling and throwing?

Play the game again, can you beat your score?



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit.



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