

# Year 3 Blue Jays

## PE



Autumn 2



# Ball skills and Dance

## Unison

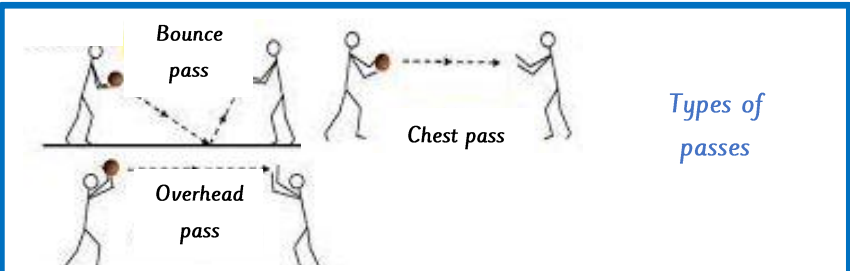
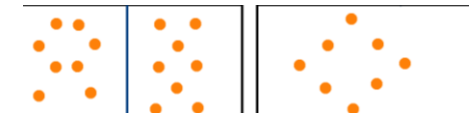


Unison in dance is when two or more dancers perform exactly the same movements at exactly the same time.

	Key Vocabulary	Definition
Ball skills	<b>accurate</b>	Successful in reaching the intended target
	<b>block</b>	To prevent a movement or pathway of an object
	<b>control</b>	Being able to perform a skill with good technique
	<b>technique</b>	The action used correctly
	<b>track</b>	To move your body to get in line with a ball that is coming towards you
	<b>possession</b>	When a team has the ball; they are in possession.
	<b>power</b>	Speed and strength combined
Dance	<b>action</b>	The movement a performer uses e.g. Travel, jump, kick
	<b>canon</b>	When performers complete the same action one after the other
	<b>dynamics</b>	How an action is performed e.g. Quickly, slowly, gently
	<b>formation</b>	Where performers are in the space in relation to others
	<b>perform</b>	To present to an audience
	<b>pose</b>	A position, usually still
	<b>unison</b>	Two or more people performing the same movement at the same time

Canon is a dance technique that requires dancers to take it in turns to perform a movement. This movement is then identically copied and performed by others. An example of **canon in dance** would be a Mexican wave.

Dancers will use different formations to make the choreography more interesting. Dancers will stand in different positions to begin and throughout dances.



Types of passes

**Balance** Balancing is an important physical skill that we use every day. Balancing means maintaining your posture during any activity, whether you are still or moving. Good balance involves a wide range of physical attributes, including muscle strength and control, coordination and awareness of your surroundings. Other physical skills, like your vision and inner ear, also have a huge bearing on how good your balance is.



**Agility** This is the ability to move fast and to suddenly change speed and/or direction. This could be a basketball player suddenly switching directions to keep the ball away from their opponent or a dodge in netball to lose a marker.



## Footwork

Players cannot move with the ball. This includes dragging feet or hopping. When catching the ball, the foot that lands first must stay in contact with the floor until ball is passed.

## Pivot

This is how players turn with the ball once caught. One foot remains fixed to the ground. The other foot is used to push and turn. The ball can then be released off in a different direction. If the player catching the ball lands on both feet, they may choose which foot they use to pivot.