

Year 2 Firecrests

Physical Education

Spring 2

Ball skills

and

Gymnastics

Ball Skills

Ball skills are important because they can be used in lots of other games. Learning different ball skills also helps your eyes, hands and feet work together. This makes your brain smarter because it must think about where the ball is and how to make your body do what you want.

Ball Skills Knowledge Ladder

Sending:

Step forward with your opposite foot to throwing arm. This will help you to balance.

Catching:

Use wide fingers and pull the ball into your chest to catch securely.

Tracking:

It is easier to move towards a ball to track it than chase it.

Dribbling:

Keep your head up when dribbling to see the space and other players.

	Key Vocabulary	Definition
Ball Skills	accurately	Passing the ball to your partner without it being too high, low or to the side.
	bounce	To throw the ball so that it hits the ground before being caught by either the same person, or another.
	catch	To be able to hold the ball when someone throws it to you without dropping it.
	collect	To go and get the ball.
	control	To use a deliberate action to make the ball do what you intend it to.
	dribble	To (in soccer, hockey, and basketball) take (the ball) forwards past opponents with slight touches of the feet or the stick, or (in basketball) by continuous bouncing.
	kick	To use your foot to direct the ball.
	pass	Throwing the ball to your partner or team mate.
	roll	To pass the ball along the floor, like a bowling action.
	target	The place where you want the ball to go to.
Gymnastics	apparatus	The equipment we use in gymnastics, for example a bench or a table.
	balance	Controlling your body in order to ensure you remain upright and steady.
	canon	Performing the same skill one after the other in a sequence.
	direction	Where you are moving – forward, backward, to the side
	matching	To copy exactly with your partner is doing.
	mirroring	To perform the opposite of your partner.
	sequence	To link together a number of movements to create a performance in gymnastics.
	speed	How fast or slow you are moving
	travelling	a way to link two or more gymnastics moves. Getting from one place in the hall to another
	unison	The skill or movement that is performed at the same time as your partner.

Gymnastics

In gymnastics you learn to move your body by balancing, rolling and jumping. In gymnastics you can link these actions using travelling actions to create sequences. Sequences are like stories with a beginning, middle and end. Here are some cool ways to travel.



Gymnastics Knowledge Ladder

Shapes:

Some shapes link well together.

Balances:

Squeezing your muscles helps you to balance.

Rolls:

There are different teaching points for different rolls.

Jumps:

Looking forward will help you to land with control.