

Medium Term Plan: Supporting Implementation of

Subject: Year 3 Autumn 1 – Ball Skills:

In this unit pupils have opportunities to develop a variety of ball skills. They will develop tracking a ball when dribbling with hands, feet, throwing and catching and kicking. They will learn to select the appropriate skill for the situation. These skills are applied to small group games.

N/C links:

- use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

Key skills:

- Physical: track, throw, catch, dribble, kick, balance, run
- Social: respect, co-operation, communication
- Emotional: perseverance, motivation, self-regulation, concentration, independence
- Thinking: comprehension, select and apply, feedback, make decisions

Prior Learning (what pupils already know and can do)

- Know to step forward with your opposite foot to throwing arm. Knowing this will help you to balance.
- Know to use wide fingers and pull the ball into your chest to catch securely.
- Know that it is easier to move towards a ball to track it than chase it.
- Know to keep your head up when dribbling to see the space and other players.

Long-term Learning (what pupils MUST know and remember) End Goals

- To catch different sized objects with increasing consistency with two hands.
- To dribble a ball with control.
- To persevere when learning a new skill.
- To provide feedback using key words.
- To show a variety of throwing techniques.
- To throw with accuracy and increasing consistency to a target.
- To track the path of a ball that is not sent directly to me.

Key Vocabulary

Accurate, block, opponent, personal best, possession, power, receive, technique, track

Session 1 –To develop dribbling skills with hands and feet.

Success Criteria

- Keep the ball close.
- Use different parts of my foot (sole, toe, heel, inside, outside).
- Use soft hands and move with the ball.

Whole Child Objectives

- Social: To be respectful of my opponent.
- Emotional: To persevere when I find possession tricky.
- Thinking: To transfer my knowledge of dribbling technique from hands to feet.

Dribbling video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12286>

Dribbling with feet video to be shown -

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12312>

Vocabulary

Opponent, possession, technique, track

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Session 2 -To develop tracking and catching skills.

Success Criteria:

- Eyes focused on the ball.
- Apply a ready position - knees bent, feet shoulder width apart, on your toes.
- Move your feet to the ball.

Whole Child Objectives:

- Social: To work as a team to manage the activity.
- Emotional: To persevere when practising.
- Thinking: To select the correct catching technique for the situation.

Tracking a ball video to be shown -

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12280>

Vocabulary

Track, receive, technique

Session 3 –To develop tracking and throwing skills.

Success Criteria:

- Eyes focused on the ball.
- Opposite leg to arm forwards.

Whole Child Objectives:

- Social: To communicate and tell my teammate when and where to throw.
- Emotional: To remain calm and concentrate when under pressure.
- Thinking: To make quick decisions.

Bounce pass video to be shown –<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12290>

Chest pass video to be shown – <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12291>

Shoulder pass to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12292>

Vocabulary

Accurate, opponent, possession, track

Session 4 -To develop tracking and kicking skills.

Success Criteria:

- Apply a ready position - knees bent, feet shoulder width apart, on your toes.
- Keep the ball close.

Whole Child Objectives:

- Social: To communicate well with others in my group.
- Emotional: To be motivated to achieve my personal best.
- Thinking: To select the correct amount of power for the distance required.

Passing video to be shown – <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12310>

Receiving the ball video to be shown -

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12311>

Vocabulary

Opponent, personal best, power, receive

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Session 5 – To track a ball that is not sent directly to me.

Success Criteria:

- Apply a ready position - knees bent, feet shoulder width apart, on your toes.
- Move your feet to the ball.
- Wide fingers – vary the type of catch based on the height.

Whole Child Objectives:

- Social: To use communication skills to work as a team.
- Emotional: To show perseverance as the game gets harder.
- Thinking: To provide feedback to my partner about the games we have been playing.

Tracking a ball video to be shown -

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12280>

Vocabulary

Track, technique, opponent

Session 6 – To apply sending and receiving skills in games.

Success Criteria:

- Apply a ready position - knees bent, feet shoulder width apart, on your toes.
- Move your feet to the ball.
- Wide fingers – vary the type of catch based on the height.

Whole Child Objectives:

- Social: To communicate suitable tactics to my teammate.
- Emotional: To work independently to manage the games I play.
- Thinking: To select and apply the best skill for the situation.

Vocabulary

Block, opponent, power, possession, track

Future learning this content supports:

This unit will support children with units that involve targets, invasion, striking and fielding and net and wall throughout ks2. Due to having a variety of activities that focus on ball skills throughout this unit, pupils will have gained a broad range of skills that will be transferred across units they encounter in the future. Pupils will have improved their balance, speed, agility and coordination. These skills will also be essential during their participation of various sports across KS2 such as dodgeball, netball, football, tag rugby, basketball, rounders, cricket etc.