

Forever Facts

You need to watch the ball to be able to catch it.

You can catch a ball with one or two hands.

You can move around on the balls of your feet when changing direction

Skills

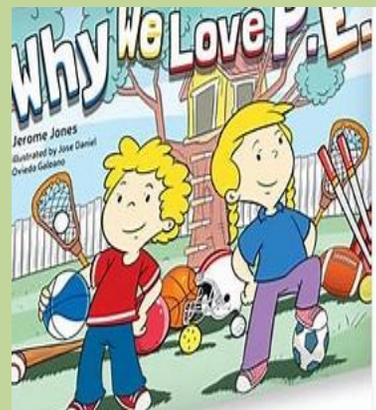
I can stay balanced whilst changing direction.

I can catch a ball with two hands.

I can demonstrate an underarm throw..

What I have learnt before: How to move safely in a large space, basic ball skills

Exciting Books



Our Endpoint

I can move, change direction and hit a ball in a game.

Subject Specific Vocabulary

Underarm	To throw a ball using an upward movement with your arm.
Balance	To remain steady on one or two feet.
Instructions	Routine or rules to follow.

Personal Development: The real- life knowledge that links is: following rules and listening to instructions The jobs it can be used in are: sports athlete, sports instructor.

