

**What I have learnt before:**

- We need to warm up before exercise to protect our body.
- I know to keep my eyes on the ball when bouncing it to improve accuracy.

Forever Facts

I know to keep my eyes on the ball when waiting to receive it.

I know to put my opposite foot forward to my throwing hand.

I know to hold out both hands to show that I am ready to receive/catch a ball.

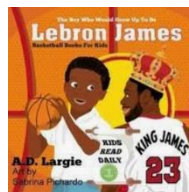
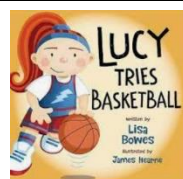
Skills

I can use my fingertips and not my hand to bounce a ball effectively.

I should release the ball when it is pointing towards the target for the best accuracy.

I should look for spaces to dribble into.

I should keep looking up and down at the ball when I am dribbling.

Exciting Books**Personal Development**

- To know that exercise is important for our body to keep us healthy.
- Working collaboratively with others.
- To know and follow simple rules in a game.

Subject Specific Vocabulary

Dribbling

Take the ball forwards and past opponents by continuous bouncing.

Receive

Take into possession something delivered (sent, passed).

Intercept

Stopping someone continuing.

Passing (a ball)

Giving the ball to someone else.

Target

A mark to shoot at/aim for.

Endpoint:

I Can apply my new ball skills to a game situation.

