



Overview

-Sending is about learning the skills of throwing, rolling and kicking a ball.

-Receiving is about learning the skills of catching, tracking and stopping a ball.

-We can also use equipment to send and receive balls, for example sticks and racquets.

-We should be able to transfer our sending and receiving skills to balls of different types and sizes.

-We should always follow the rules and correct techniques of sending and receiving to stay safe.



Social and Emotional

Cooperation

Cooperating is about working together and helping others. In order to send and receive balls effectively, we need two people working effectively together.

Communication

We need to communicate to give and receive information from our teammate. Make sure that those receiving know that the ball is coming!

Keeping Others Safe

Follow the rules and listen to the coach/ referees instructions. Store and handle equipment properly.



Respect and Kindness

Respect is the act of giving attention and showing care to others. It is important to be respectful to all of those who we play sport with.

Perseverance

Perseverance is about keeping going even when something is difficult or tiring.



Challenging Myself

Whenever we learn anything, we have to start somewhere! Improving ourselves is all about putting in hard work and practice, challenging ourselves to be better than we were before!

Key Vocabulary

Sending

Receiving

Throwing

Catching

Rolling

Tracking

Stopping

Equipment

Racket






Stick

Improving

Challenging

Persevering

Physical

Skill	Definition	How do I do this?
 <p>Rolling</p>	To move a ball along a surface.	<p>-Point your hand at your target.</p> <p>-Step forward with your opposite leg. Your foot should point in the direction that you want the ball to go.</p>
 <p>Stopping</p>	To stop a ball so that it is no longer moving.	<p>-Move your feet to get in line with the ball as it is coming towards you.</p> <p>-Use two hands to stop the ball. Make sure that your palms are facing the ball, with wide fingers.</p>
 <p>Throwing</p>	To send the ball through the air from your hand.	-Make sure that the person that you are throwing to is ready. Use your other arm to point in the direction that you want the ball to go.
 <p>Catching</p>	To take hold of the ball in your hands before it bounces.	-Watch the ball carefully. Bend your knees as you prepare to catch it. Close your hands around the ball and pull it in to your body.
 <p>Kicking</p>	To control and strike the ball with your feet.	-When receiving, cushion the ball with the inside of your foot. To kick, place your non kicking foot next to the ball. Use the inside of your foot to kick.

Thinking/ Strategic

Racquet – A piece of tennis/squash equipment that has a long handle and an oval head with strings stretched tightly. Used to strike the ball.

Stick – A piece of hockey equipment that has a long, thin handle and a curved edge for hitting the ball.



Striking/ Hitting – the act of hitting the ball so that it moves away from us towards a target. This can be done using a racquet or stick.

Transferring Skills

-We can transfer our sending and receiving skills to lots of different sports, for example:

Rolling: bowls, bowling

Stopping: goalkeeping

Throwing: cricket, rounders

Catching: basketball, rugby

Kicking: football

Health and Safety

Always try to follow the rules of the game.

Be aware of the people and space around you.

Store equipment safely when it is not in use.

Unused balls should be in bags or trolleys.

Hard objects, like hockey sticks and balls, should be used very carefully, to avoid injury.

Make sure that you warm up properly.

Stretch your muscles before exercising.

Warm down when exercising.

Remove jewellery and wear suitable clothing/ equipment.