

Key Vocabulary

Bounce	This means to push a ball down towards the floor with force, so that it comes back up. The harder you push it, the faster it will come back up.
Catch	To get hold something which has been thrown or dropped.
Cool-Down	An activity that helps to slow the body down after exercise. It helps muscles to relax properly.
Control	To control a ball means to get a ball to travel at the correct speed and in the direction you want.
Direction	Direction means where someone or something is aiming for or going towards.
Locomotors	The different skills used by a person to move from one place to another, such as rolling, jogging, running and skipping.

Rolling a Ball

Rolling a ball is a useful skill to learn. You should try to do these things:

- Hold the ball with both hand.
- Look forward to where you want the ball to go.
- Bend your knees.
- Put your weight behind the ball.
- Use the correct amount of force.



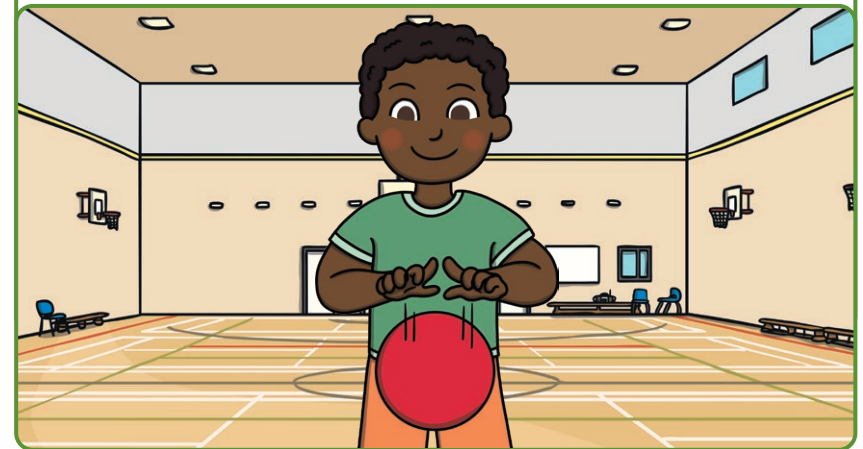
Key Vocabulary

Overarm	A type of throw where your arm is above your shoulder when you throw the ball.
Quoit	A rubber ring used in a throwing game.
Roll	A way of moving the ball along the ground, as it turns over and over.
Receive	This means taking or getting hold of a moving object.
Throw	This means pushing a ball or object into the air using the arms and hands.
Track	This is when you follow the movements of a ball or object.
Underarm	The type of throw where your arm is around hip/waist height when you throw the ball.
Warm-Up	An activity or exercise that helps to get the body and muscles ready for exercise.

Bouncing a Ball

Bouncing a ball is an excellent skill to learn. You should try to do these things:

- Hold the ball with both hands.
- Spread your fingers wide, keeping your hands together and having a soft grip.
- Bounce the ball to waist height, pushing the ball down to the floor.
- Catch the ball as it bounces back up, using wide, soft and cupped hands.
- Use the correct amount of force.



Underarm Sling

An underarm sling is a type of throw that you use when throwing a quoit or disc-shaped object. You do this by moving your arm forward in an arc shape, and then letting go of the object when your arm is in front of your body.

Remember to:

- Look at the target.
- Point at the target.
- Bend your knees.
- Bring the quoit to your shoulder and then throw it with force.



Catching

Catching is an important skill for all children to learn. You should try to do these things:

- Watch the ball at all times.
- Move into position to catch the ball.
- Reach your hands out to catch the ball, keeping them together, cupped and soft.
- Bend your knees and elbows, bringing them in as the ball is ready to be caught.
- Squeeze the ball as it lands in your hands to make sure it does not drop out.

Throwing a Ball Underarm

Throwing a ball underarm is an accurate way of passing or moving a ball over short distances. You should try to do these things:

- Stand with one foot in front of the other.
- Aim for your partner's waist.
- Keep your throwing arm low.
- Point to where you want the ball to go.



Overarm Throw

An overarm throw is a good way of moving a ball or object over large distances. This throw means your arm is above your shoulder when you throw the ball or object.

A simple overarm throw: face the target, moving your throwing arm back to your shoulder and bending your elbow. Move your arm to let go of the ball and push it forward, looking at the target all of the time.

You can practise a full overarm throw by moving your throwing arm back to your shoulder and bending your elbow. When you let go of the ball, step forward with the same foot as your throwing arm, keeping your eyes on the target.