

Key Vocabulary

Bounce/ Bouncing	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/ Catching	To get hold something which has been thrown or dropped.
Cool-Down	An activity or exercise used to gradually 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 the course or pathway someone or something moves along.
Locomotors	The different skills used by a person to move from one place to another, such as rolling, jogging, running or skipping.

Rolling

Rolling an object is a useful skill to develop and learn. It can help to improve motor skills, hand-eye coordination and timing. To develop these skills effectively in Year 2, you should try to do these things:

- Hold the object in both hands.
- Look forward to where you want the object to go.
- Bend your knees.
- Put your weight behind the object.
- Use the right amount of force to send the object the right distance.



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	In throwing and catching, 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 used to gradually get the body warmed and ready for exercise.

Bouncing

Bouncing a ball is an excellent skill to develop and learn as it helps children improve their motor skills, hand-eye coordination and timing. To bounce a ball effectively in Year 2, you should try to do these things:

- Hold the ball with both hands.
- Bend your knees.
- Bounce the ball hard enough so that you can see and touch it, without having to bend down too far.
- Spread your fingers.
- Keep the ball close to your body.

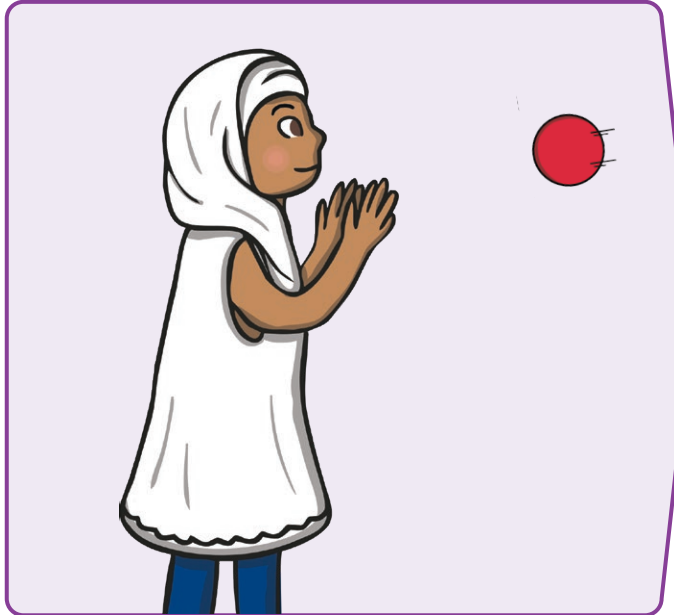


Single Hand Bouncing

Bouncing a ball using one hand is a useful skill to learn. To do this correctly, you should follow these key steps:

- Hold the ball in your dominant hand.
- Bend your knees, getting comfortable and low so that you have a solid base (you are firmly balanced).
- Push the ball down with one hand, bouncing it up and down using your fingertips.

Practise changing hands and bouncing the ball higher and lower, maintaining a solid base and keeping control of the ball at all times.



Catching a High Ball

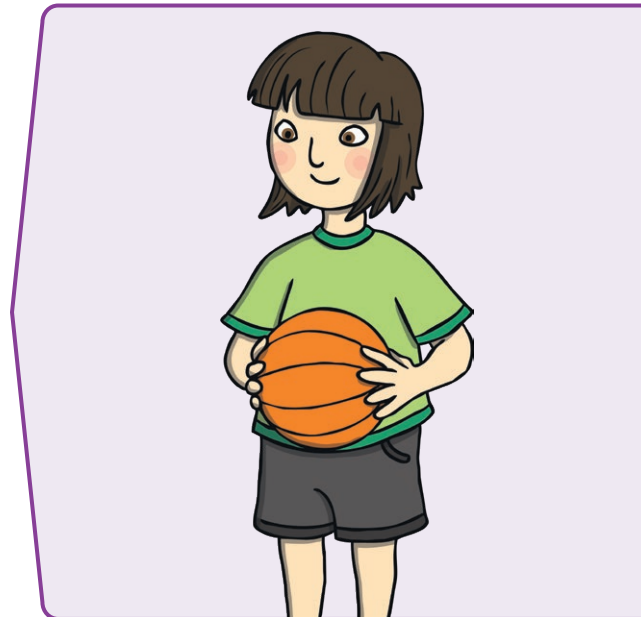
Catching a high ball is a skill used for catching balls that are above the head or shoulder. In order to catch a ball effectively in Year 2, you should try to do these things:

- Watch the ball at all times.
- Move into position to catch the ball.
- Point your fingers towards the ceiling.
- Point your thumb back towards your body.
- Place one foot slightly in front of the other.
- Jump up to reach the ball.
- Quickly bring the ball into your body.

Bounce Pass

A **bounce pass** is an excellent way of moving or passing a ball to another player by bouncing it on the ground. To do this effectively in Year 2, you should try to do these things:

- Hold the ball at waist height, with hands on either side of the ball.
- Step forwards with one foot and then push the ball forwards and towards the ground.
- Aim for a target halfway between you and your partner.
- Follow through, extending your arms in the direction of the ball.



Making a Good Pass

Making a good pass requires good communication, accuracy and power. Follow these tips for ensuring you make a good pass.

Communication - Make sure your partner knows when and where you are going to pass the ball.

Accuracy - Make sure you repeat the same pass more than once, thinking about which direction you need to be looking in to make each pass.

Power - Think about how hard or how soft you need to throw the ball in order to reach your target or partner.