

# Ball Skills Unit: 1 - Skills Knowledge Organisers - Reception

## Unit Overview

In this seven-week unit designed for Reception pupils, we will introduce and explore fundamental ball skills. Pupils will embark on an exciting journey to develop their motor skills, hand-eye coordination, balance, and teamwork. This comprehensive unit will focus on rolling, throwing, catching, bouncing, dribbling a ball using their feet, and dribbling a ball using their hands.

## Key Skills

- Running
- Roll
- Catch
- Dodge
- Throw
- Bounce
- Dribble
- Co-ordination

## Key Vocabulary

Ball

Throw

Bounce

Roll

Catch

Dribbling

Team

## Key Knowledge

### Dribbling the ball with your feet

- Head: Look up to see what's around you and to make sure you keep yourself and others safe.
- Body: Use small touches to keep the ball close to your body so it's under control.
- Feet: Use the inside of your feet to dribble with the ball.

### Dribbling the ball with your hands

- Head: Look up to see what's around you and to make sure you keep yourself and others safe.
- Push the ball down using your finger tips when dribbling.
- Ball should be bounced at waist height,

# Games Unit: 1 - Skills Knowledge Organisers

## - Reception

### Unit Overview

In this engaging seven-week unit designed for Reception students, we will explore various physical activities that focus on the role of a tagger, running, stopping safely, teamwork, and basic ball skills. Through interactive games and exercises, students will develop their physical abilities, enhance their social skills, and foster a love for being active.

### Key Skills

- Running
- Tagging
- Dodging
- Teamwork
- Finding Space
- Coordination
- Rolling
- Catching
- Throwing
- Stopping
- Balance
- Agility

### Key Vocabulary

Tagger

Teamwork

Running

Roll

Catch

Throw

Space

### Key Knowledge

Rolling:

- Non throwing hand should point towards your target.
- Create an upside down rainbow shape with the ball, releasing the ball at the lowest point.

Catching:

- Spread your fingers as wide as you can
- Make a cup shape with your hands for the ball to land in. Both little fingers should be touching.

Throwing:

- Non throwing hand should point towards your target.
- Create an upside down rainbow shape with the ball, releasing the ball on the way up.

# Ball Skills - Skills Knowledge Organisers - Year 1

## Unit Overview

In this exciting seven-week unit designed for Year 1 pupils, we will embark on a journey of mastering essential ball skills. The unit focuses on developing competencies in rolling, throwing, catching, bouncing, dribbling with feet, and dribbling with hands. Alongside individual skill development, pupils will practice teamwork and cooperative play, setting a strong foundation for lifelong physical competence.

## Key Skills

- Running
- Roll
- Catch
- Dodge
- Ball Control
- Throw
- Bounce
- Dribble
- Co-ordination

## Key Vocabulary

Control

Bounce

Dribble

Roll

Catch

Throw

Target

## Key Knowledge

### Catching:

- Spread your fingers as wide as you can
- Make a cup shape with your hands for the ball to land in. Both little fingers should be touching.

### Throwing:

- Non throwing hand should point towards your target.
- Create an upside down rainbow shape with the ball, releasing the ball on the way up.

### Dribbling the ball with your feet

- Head: Look up to see what's around you and to make sure you keep yourself and others safe.
- Body: Use small touches to keep the ball close to your body so it's under control.
- Feet: Use the inside of your feet to dribble with the ball.

### Dribbling the ball with your hands

- Head: Look up to see what's around you and to make sure you keep yourself and others safe.
- Push the ball down using your finger tips when dribbling.
- Ball should be bounced at waist height,

# Fitness - Skills Knowledge Organisers - Year 1

## Unit Overview

In this dynamic seven-week fitness program tailored for Year 1 pupils, aiming to instill a lifelong passion for physical well-being. This unit emphasises the importance of daily exercise, develops agility, balance, and coordination, and enhances stamina, strength, speed, agility, and quickness. Through a variety of activities, pupils will have the opportunity to improve their physical fitness, while developing an appreciation for an active lifestyle.

## Key Skills

- Steady Pace
- Agility
- Strength
- Jogging
- Quickness
- Balance
- Stamina
- Coordination
- Running
- Jumping

## Key Vocabulary

Agility

Balance

Stamina

Strength

Speed

Quickness

Heart

Exercise

## Key Knowledge

Balance:

- The ability to hold your body upright and steady, without falling down.

Exercise:

- Playing and being active, for example: running, riding a bike.

Heart:

- The heart sends blood around your body.
- The heart muscle is special because of what it does.

# Ball Skills - Skills Knowledge Organisers - Year 2

## Unit Overview

This unit is designed to build upon the foundation laid in Year 1, refining and advancing ball skills for Year 2 pupils. Over seven weeks, pupils will progress their abilities in rolling, throwing, catching, bouncing, dribbling a ball using their feet, and dribbling a ball using their hands. These skills will be honed through engaging activities, games, and challenges to further enhance their ball handling proficiency.

## Key Skills

- Running
- Roll
- Catch
- Dodge
- Ball Control
- Throw
- Bounce
- Dribble
- Co-ordination

## Key Vocabulary

Control

Bounce

Dribble

Roll

Catch

Throw

Coordination

## Key Knowledge

### Catching:

- Spread your fingers as wide as you can
- Make a cup shape with your hands for the ball to land in. Both little fingers should be touching.

### Throwing:

- Non throwing hand should point towards your target.
- Create an upside down rainbow shape with the ball, releasing the ball on the way up.

### Dribbling the ball with your feet

- Head: Look up to see what's around you and to make sure you keep yourself and others safe.
- Body: Use small touches to keep the ball close to your body so it's under control.
- Feet: Use the inside of your feet to dribble with the ball.

### Dribbling the ball with your hands

- Head: Look up to see what's around you and to make sure you keep yourself and others safe.
- Push the ball down using your finger tips when dribbling.
- Ball should be bounced at waist height,

# Fitness - Skills Knowledge Organisers - Year 2

## Unit Overview

This unit for Year 2 builds on the foundation laid in Year 1, focusing on the importance of daily exercise, developing agility, balance, coordination, stamina, strength, speed, agility, and running for extended periods. Through a series of engaging activities, challenges, and fitness circuits, pupils will enhance their physical fitness, build strength and stamina, and cultivate a lifelong appreciation for regular exercise.

## Key Skills

- Steady Pace
- Agility
- Strength
- Jogging
- Quickness
- Balance
- Stamina
- Coordination
- Running
- Jumping

## Key Vocabulary

Passing

Possession

Attacking

Defending

Shooting

Intercepting

Marking

Delaying

## Key Knowledge

Balance:

- The ability to hold your body upright and steady, without falling down.

Heart Beat:

- Your heart has to push blood through your body, that you can feel a little thump in your arteries each time the heart beats. You can feel the pulse in your wrist and neck.

Steady Pace:

- Exercising at a speed where you can keep going without getting tired too quickly.

# Football - Skills Knowledge Organisers - Year 3

## Unit Overview

This unit for Year 3 introduces pupils to more advanced football skills, emphasising dribbling, changing direction, speed, passing, attacking toward the goal, defending, striking the ball, and gameplay strategies. Through a series of progressively challenging activities and game situations, pupils will develop their football skills and understanding of the game's tactics and teamwork.

## Key Skills

- Kicking
- Speed
- Reaction
- Balance
- Passing
- Shooting
- Running
- Strength
- Agility
- Coordination
- Dribbling
- Turning

## Key Vocabulary

Control

Passing

Dribbling

Defending

Attacking

Shooting

Intercepting

Delaying

## Key Knowledge

### Passing:

- P: Plant foot.
- P: Pass using the inside of your foot.
- P: Point your standing foot towards the pupil you are passing to.

### Heading:

- Age 12 and under are not allowed to header the ball in training or practice in England, Scotland and Northern Ireland.
- However, they can header a ball during a game.

## Key Rules

**Size of the ball:** Size 3

**Starting the game:** Teams will be told which way they are shooting at the start of the game

- The ball starts in the centre of the pitch with a kick off for one team.
- A goal cannot be scored directly from the start or restart of play.

**Out of play:** If the ball goes off the side of the pitch the ball restarts with a throw in for the team that didn't last touch the ball.

If the ball goes off at the goal line:

- By attacking team - it is a goal kick
- By defending team - it is a corner

# Hockey - Skills Organisers - Year 3

## Unit Overview

This unit for Year 3 introduces pupils to fundamental hockey skills, emphasising dribbling, push passing, receiving the ball, moving into space, shooting, block tackling, and teamwork in maintaining possession and gameplay strategies. Through a series of progressively challenging activities and game situations, pupils will develop their hockey skills and understanding of the game's tactics and teamwork.

## Key Knowledge

Quicksticks pitch:

- The field of play is rectangular, and based on the size of a standard netball court. Areas referred to as 'shooting areas' can either be based on lines already in place (e.g the shooting circles on a netball court), or can be marked out using temporary markers (such as throw down markers).
- If using multiple courts you can split the netball courts into thirds creating three mini pitches.

## Key Skills

- Passing
- Agility
- Balance
- Receiving
- Tackling
- Coordination
- Running
- Speed
- Dribbling
- Shooting
- Teamwork
- Reaction

## Key Rules

### Starting the game:

One team starts with the ball in the middle as a centre pass.

### Restarting the game:

- Centre pass is taken by the team who has not scored.
- A free pass (the ball must be taken from where the offence took place)
- If a ball crosses the sideline, a push-in is taken by the team that did not touch the ball last.
- You can pass or dribbling onto the court from a sideline.

### Free pass to the other team:

- If a ball crosses the back line, off an attacker, a free push is taken by the defending team from the top of the shooting circle/area.
- If a ball crosses the back line off a defender, the free pass shall be taken by the attacking team from the corner
- If a stick is raised above waist/knee height
- The rounded side of the hockey stick is used
- If you obstruct attacking players with the body
- Contact with another player
- Intentionally uses any part of their body to play the ball.

## Key Vocabulary

Control

Passing

Dribbling

Receiving

Push Pass

Rules

Block Tackle

Shooting



# Football - Skills Knowledge Organisers - Year 4

## Unit Overview

This unit for Year 4 builds upon the skills and knowledge developed in Year 3, with a primary focus on maintaining possession when dribbling, long-distance passing, controlling the ball using different parts of the body, supporting teammates by creating space, executing various turns, standing tackles, and understanding gameplay strategies. Through a combination of skill-building exercises, tactical drills, and mini-games, pupils will elevate their football proficiency and grasp the concept of team dynamics within the game.

## Key Skills

- Kicking
- Speed
- Reaction
- Balance
- Passing
- Shooting
- Running
- Strength
- Agility
- Coordination
- Dribbling
- Turning

## Key Vocabulary

Dodge

Attacker

Defender

Control

Contact

Pivoting

Landing Foot

Intercepting

## Key Knowledge

Inside hook:

- The inside hook turn uses the inside of the foot to turn and then sprint away from the defender.

Outside hook:

- Use the outside of the foot to hook the ball back in the direction that you are going to. This turn is good for keeping your body between the ball and your opponent.

Drag back

- A drag back is when you place the bottom of the foot on the ball, rolling it (or flicking it) backward, and turning with it.

## Key Rules

**Size of the ball:** Size 3

**Starting the game:** Teams will be told which way they are shooting at the start of the game

- The ball starts in the centre of the pitch with a kick off for one team.
- A goal cannot be scored directly from the start or restart of play.

**Out of play:** If the ball goes off the side of the pitch the ball restarts with a throw in for the team that didn't last touch the ball.

If the ball goes off at the goal line:

- By attacking team - it is a goal kick
- By defending team - it is a corner

# Hockey - Skills Learning Organisers - Year 4

## Unit Overview

This unit for Year 4 is designed to build upon the foundational skills learned in Year 3. In this unit, pupils will focus on dribbling, receiving and passing into space, long-distance passing, tackling safely, turning with the ball, moving into space, support play, and understanding gameplay strategies. Through a combination of skill development exercises, tactical drills, and small-sided games, pupils will refine their hockey techniques and enhance their understanding of teamwork within the sport.

## Key Skills

- Passing
- Agility
- Balance
- Receiving
- Tackling
- Coordination
- Running
- Speed
- Dribbling
- Shooting
- Teamwork
- Reaction

## Key Vocabulary

Rules

Long Distances

Turning with the  
ball

Receive

Attacking

Moving into  
space

Defending

Communicate

## Key Knowledge

### Passive Defending:

- Spread out when starting attack, use all the space on the pitch.
- Support your teammate with the ball.
- Dribble the ball into space away from a defender.

### Defending:

- Nearest player to the ball, go to try and tackle or intercept the ball.
- Work as a team to win back possession.
- Fair tackles only.

## Key Rules

### Starting the game:

One team starts with the ball in the middle as a centre pass.

### Restarting the game:

- Centre pass is taken by the team who has not scored.
- A free pass (the ball must be taken from where the offence took place)
- If a ball crosses the sideline, a push-in is taken by the team that did not touch the ball last.
- You can pass or dribbling onto the court from a sideline.

### Free pass to the other team:

- If a ball crosses the back line, off an attacker, a free push is taken by the defending team from the top of the shooting circle/area.
- If a ball crosses the back line off a defender, the free pass shall be taken by the attacking team from the corner
- If a stick is raised above waist/knee height
- The rounded side of the hockey stick is used
- If you obstruct attacking players with the body
- Contact with another player
- Intentionally uses any part of their body to play the ball.

# Basketball - Skills Knowledge Organisers - Year 5

## Unit Overview

This unit for Year 5 aims to build upon the foundational basketball skills learned in Year 4. This unit emphasises the development of dribbling, pivoting, footwork, shooting, passing, marking opponents, understanding the rules of the game, and applying these skills in gameplay scenarios. Through a mix of skill-building exercises, drills, and modified games, pupils will enhance their basketball techniques and their understanding of teamwork within the sport.

## Key Knowledge

### BEEF Shooting:

- Balance, feet shoulder width apart.
- Elbow, the power hand is placed at the back of the balloon and the elbow points at the target.
- Extension, extend the power arm and hand towards the target
- Follow through, wave the ball goodbye to put a bit of backspin on the ball.

## Key Skills

- Throw
- Dodge
- Speed
- Balance
- Change of Direction
- Decision Making
- Catch
- Run
- Agility
- Coordination
- Communication
- Movement

## Key Rules

**Double Dribble:** When a pupil dribbles the ball with two hands at the same time or starts to dribble again after stopping.

**Out of Bounds:** If a team lose possession of a ball and it goes out of bounds, then a free pass is awarded to the opposition.

**Tip Off:** To re-start or put the ball in play by throwing it up between two opponents.

**Travelling:** When a player takes too many steps with the ball in their hands without dribbling the ball

## Key Vocabulary

Rules

Intercept

Attacking

Dodging

Defending

Tagging

Shapes

Pivotinig

# Hockey Skills Training Organisers - Year 5

## Unit Overview

This unit for Year 5 is designed to build upon the foundational skills developed in Year 4. This unit will focus on more advanced aspects of hockey, such as dribbling to beat a defender, decision-making regarding when to pass or dribble, slap passing techniques, blocking and jab tackling, positioning to support teammates, quick ball movement to outwit opponents, and gameplay strategies. Through a combination of skill-building exercises, tactical drills, and mini-games, pupils will advance their hockey proficiency and deepen their understanding of team dynamics within the sport.

## Key Skills

- Passing
- Agility
- Balance
- Receiving
- Tackling
- Coordination
- Running
- Speed
- Dribbling
- Shooting
- Teamwork
- Reaction

## Key Vocabulary

Block Tackle

Possession

Slap Pass

Intercept

Dribbling

Shooting

Opponent

Communicate

## Key Knowledge

### Block Tackle:

- This tackle requires you to get closer to the ground, make sure to always keep the opponents on your right, so the front of the stick is blocking the ball.

### Defending:

- Nearest player to the ball, go to try and tackle or intercept the ball.
- Work as a team to win back possession.
- Fair tackles only.

## Key Rules

### Starting the game:

One team starts with the ball in the middle as a centre pass.

### Restarting the game:

- Centre pass is taken by the team who has not scored.
- A free pass (the ball must be taken from where the offence took place)
- If a ball crosses the sideline, a push-in is taken by the team that did not touch the ball last.
- You can pass or dribbling onto the court from a sideline.

### Free pass to the other team:

- If a ball crosses the back line, off an attacker, a free push is taken by the defending team from the top of the shooting circle/area.
- If a ball crosses the back line off a defender, the free pass shall be taken by the attacking team from the corner
- If a stick is raised above waist/knee height
- The rounded side of the hockey stick is used
- If you obstruct attacking players with the body
- Contact with another player
- Intentionally uses any part of their body to play the ball.

# Netball - Skills Knowledge Organisers - Year 6

## Unit Overview

This unit for Year 6 builds upon the foundational netball skills developed in Year 5. This unit focuses on advanced aspects of netball, such as passing and moving, passing and receiving under pressure, dodging opponents, shooting accurately while under pressure, regaining possession as a defender, positioning on the court, and gameplay strategies. Pupils will engage in skill-building exercises, tactical drills, and mini-games to advance their netball proficiency and deepen their understanding of team dynamics within the sport.

## Key Knowledge

### Infringement

- Breaking the rules e.g. holding onto the ball for more than four seconds.

### Reaction:

- Reaction times in netball terms, can mean, or be the difference between being left standing, or swiping the ball from your unsuspecting opposition.

## Key Skills

- Throw
- Dodge
- Speed
- Balance
- Change of Direction
- Decision Making
- Catch
- Run
- Agility
- Coordination
- Communication
- Movement

## Key Rules

**Number of players:** Each team can have 5 players on the court at one time.

**Passing:** You must pass the ball within 4 seconds.

**Footwork:** When you receive the ball you can not move the landing foot. A free pass is given if footwork takes place.

**Defending:** You must be 1m away when defending. If you obstruct, a penalty pass or shot is given.

**Over a third:** If the ball is thrown over a third untouched, a ball is given to the opposing team

**Out of area:** If a player is out of their area they are (off side) a free pass is given to the other team.

## Key Vocabulary

Pivot

Position

Possession

Reaction

Over a third

Opposition

Infringement

Offside

# Hockey - Skills Learning Organisers - Year 6

## Unit Overview

This unit is designed to build upon the skills developed in previous years. This unit focuses on advanced aspects of hockey, including dribbling and changing directions, effective passing and movement, tackling to gain possession, marking an opponent, shooting techniques, forcing opponents away from the goal, and gameplay strategies. Through various skill-building exercises, tactical drills, and mini-games, pupils will further enhance their proficiency in hockey and develop a deeper understanding of the game's strategies.

## Key Skills

- Passing
- Agility
- Balance
- Receiving
- Tackling
- Coordination
- Running
- Speed
- Dribbling
- Shooting
- Teamwork
- Reaction

## Key Vocabulary

Accuracy

Marking

Tactically

Possession

Target

Space

Block Tackle

Movement

## Key Knowledge

### Marking:

- To mark a player you follow their movements to try and stop them shooting or passing, and so that you can regain possession.

### Tackling:

- When tackling, players should only hit the ball with their stick and should not hit the other player's stick.

### Tactics:

- Actions and strategies are planned to achieve an overall objective - in sport that objective is predominantly to win.

## Key Rules

### Starting the game:

One team starts with the ball in the middle as a centre pass.

### Restarting the game:

- Centre pass is taken by the team who has not scored.
- A free pass (the ball must be taken from where the offence took place)
- If a ball crosses the sideline, a push-in is taken by the team that did not touch the ball last.
- You can pass or dribble onto the court from a sideline.

### Free pass to the other team:

- If a ball crosses the back line, off an attacker, a free push is taken by the defending team from the top of the shooting circle/area.
- If a ball crosses the back line off a defender, the free pass shall be taken by the attacking team from the corner
- If a stick is raised above waist/knee height
- The rounded side of the hockey stick is used
- If you obstruct attacking players with the body
- Contact with another player
- Intentionally uses any part of their body to play the ball.