

F1/Nursery:

To know that I can roll a ball using my fingertips.
To know that I need to be looking a ball when I want to stop it.
To know that I can stop a ball with my hands or my feet.
To know that I can throw an object underarm.
To know that larger targets are easier to hit.
To know that I can catch a ball with two hands.
To know that I can use soft touches with my feet to keep a ball close to me.
To know that I can use the inside of my foot to kick a ball.

F2/Reception:

To know that a can change the direction of a ball with my hands.
To know that I can stop a ball by putting my foot on it.
To know that I can throw a ball either overarm or underarm.
To know that I need to be looking at a target to hit it.
To know that pointing my hands towards a target when releasing a ball will help me hit it.
To know that having my hands out ready will help me catch a ball.
To know that I need to be looking at a ball to be ready to receive it.
To know that I can dribble a ball using soft touches and different parts of my feet.
To know that big wide hands will help me bounce and dribble a ball.
To know that I can catch a ball with two wide hands.



PE Knowledge Path

Ball Skills

Year 1:

To know that using soft touches and wide fingers will help me keep good control of the ball.
To know that I need to have my body in line with a ball when receiving it.
To know that releasing a ball when my fingers are pointing at a target will help me aim accurately.
To know that standing in a 'ready position' (two hands up, wide fingers, knees bent, eyes on the ball) will help me to catch a ball.
To know that I can use both feet when dribbling a ball.
To know that keeping my head up when dribbling will help me to see where I can move.
To know that I can use my sole, toe, heel, inside, outside and laces when dribbling.

Year 2:

To know that keeping my fingers on the ball will help me keep control of it.
To know that I may need to move my feet when receiving a ball to be in line with it.
To know that using soft touches and keeping a ball near me when dribbling will help me have good control over it.
To know that I use the inside of my foot to kick a ball.
To know that tracking a ball as it comes towards me will help me catch it.
To know that placing the opposite foot forward to my throwing arm will help with accuracy.
To know that using wide hands will help me dribble the ball.
To know that pushing the ball back down on the 'magic moment' will help me dribble.