

**F1/Nursery:**

To know that I need to be looking a ball when I want to stop it.  
To know that larger targets are easier to hit.  
To know that using the inside of my foot helps me control the ball.

**F2/Reception:**

To know that there are different ways of throwing a ball.  
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 big wide hands will help me bounce and dribble a ball.



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 keeping my head up when dribbling will help me to see where I can move.

**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.