



# Ball Skills – Year 3

## PE KNOWLEDGE ORGANISER



Teacher Glossary		
Word	Definition	How do I do this?
Dribble	To move the ball using your feet or your hands	Know that keeping the ball close will help with control.
Receive	To collect or stop a ball that is sent to you using either your hands or feet.	Know that your foot must be flat to stop the ball. Know that you must be tracking the ball. Know that you need two hands to receive.
Safe space	Space away from other people and objects.	Know that when your arms are spread out wide and you can touch someone, you are too close.
Travelling action	Run, hop, jump, sidestep, skip, gallop etc.	Being able to get from one side of the hall/playground to the other using movement.

**Ladder knowledge**

- 1) Pointing your hand/foot/stick to your target as you release will help you to send a ball **accurately**.
- 2) Moving your feet to the ball will make you more successful at **catching**.
- 3) Use a **ready** position to help you react to the ball.
- 4) **Dribbling** is an **attacking** skill used in games which helps us to move.

**Key Skills – S.E.T**

Social: Co-operation  
 Social: Supporting others  
 Emotional: Honesty  
 Emotional: Perseverance  
 Thinking: Using tactics  
 Thinking: Decision making

**Inspiring Athletes**

Marcus Rashford 

Lucy Bronze 

- Assessment Criteria**
- I can catch different sized objects with increasing consistency with two hands.
  - I can dribble a ball with control.
  - I can persevere when learning a new skill.
  - I can provide feedback using key words.
  - I can show a variety of throwing techniques.
  - I can throw with accuracy and increasing consistency to a target.
  - I can track the path of a ball that is not sent directly to me.

