"Whatever you do, work at it with all your heart"

Colossians 3:23

Sending & Receiving

Year 4 - Autumn 1 & 2

Key Knowledge:

To know that:

- Spread fingers underneath the ball when rolling
- Bend knees so the body and hands are almost touching the ground when receiving a rolling ball
- Use small sidesteps or similar to ensure the hands and body are behind the ball when receiving it
- Use 'cereal bowl' when ball is received below waist height and use 'W for winning' when ball is being received above waist height
- Step towards target to increase distance of throw
- Use a variety of movements and speeds to create space to receive the ball in
- Make the decision of who to send/throw/roll the ball to quickly

Key Vocabulary:

Spatial awareness—knowing if there is space around your body

Consistency—sending or receiving the ball well repeated times

Decisive –choosing what to do quickly

Tracking-watching a moving object and making movement adjustments accordingly

Decision making—deciding when to send the object



