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

Colossians 3:23

Sending & Receiving

Year 5 - Autumn 1 & 2

Key Knowledge:

To know that:

Using quick looks all around you helps you know where the space is

Ready position of hands out in front and knees slightly bent should be used before the ball is travelling

An overarm throw can be less accurate but better at travelling a further distance

I should step slightly or lean towards the ball when catching it

An underarm throw can be more accurate but more effective for achieving a throw which travels a shorter distance





Key Vocabulary:

Lean - move body and hands towards the ball when receiving

Body position - where your body is facing

Effective - a throw which is sent with the correct amount of force, speed and direction

Decisive – choosing what to do quickly