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

Colossians 3:23

Sending & Receiving

Year 6 - Autumn 1 & 2

Key Knowledge:

To know that:

Receiving a rolling ball by lunging forward with one hand is much quicker than squatting down with both legs bent

Use someone's name before sending a ball to ensure the person receiving is ready

Looking around before receiving the ball helps you make a quick decision about who should receive the ball next.

Using both slow, quick, long, short movements to create space makes it harder for an opponent to predict where you are going to move to





Key Vocabulary:

Lunge - a movement with one leg in front of the other, stepping towards the ground.

Ready position - knees slightly bent, body faced ball and hands cushioned in front

Accurately—reaching an intended target