



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

Colossians 3:23

Sending & Receiving

Year 3 - Autumn 1 & 2

Key Knowledge:

To know that:

- ▷ Hold the ball underneath with one hand when rolling
- ▷ Lunge forward low to the ground to release the ball low to the ground to achieve a roll and not a bounce
- ▷ *Get feet and hands behind the ball to receive it*
- ▷ Hold the ball with one hand when throwing
- ▷ Throwing hand should point at the target when the ball is released
- ▷ *Create 'cereal bowl' or 'W for winning' shape with hands before ball arrives*
- ▷ *Move away from opponents to find space to receive the ball in*
- ▷ Send/throw/roll the ball towards a team mate who has space around them

Key Vocabulary:

- Send - arrange for the delivery or throw of an object
- Accurately—reaching an intended target
- Receive—catch, stop or trap an object which has been sent
- Awareness—know what is happening around you
- Space—an empty area without any opponents or interferences
- Tracking—watching a moving object

