

Y3 and Y4 Ball Skills

How many ways can you throw and catch a ball?

Headteacher: Mr M Grogan



St George's Central CE Primary School and Nursery

Key Words	Definition
overarm	A single handed throw where the object is released above the shoulder.
underarm	A single handed throw where the object is released below the shoulder.
flight	The amount of time/ route that an object takes when thrown through the air.
pass	To throw a ball to a player on the same team.
track	To watch the flight of an object as it is thrown.
receive	To gain possession of a ball as it is thrown towards you.
release	To throw an object away to another person or area.

Coaching Points
Personal best – As the majority of key skills can be practised individually, encouraging children to beat their personal best (i.e. number of catches in a minute) is a useful strategy.
Equipment – This is key in providing differentiation. Balloons, for instance, can be fantastic for practising throwing, catching and kicking at an early age. There are throwing and catching sets available that provide a range of resources to cater for different abilities.

Throwing Technique		
	Underarm Throw	Overarm Throw
Preparation	Stand 'face on' to the direction of throw	Stands 'side' on to the direction of throw
	Stable head and trunk, eyes are focused on target areas	Throwing arm moves in a downward and backward arc
	Ball is held in front of body	
Propulsion	Steps forward with opposite foot to throwing arm	Opposite foot to throwing arm steps forward
	Throwing arm moves backwards and then pushes forwards	Hips and then shoulder rotate forward
	Well-timed release	Elbow bends as throwing arm moves behind head
		Forearm and hand lag behind upper arm
Follow Through	Follows through with straight arm	Throwing arm follows through across the body

Catch	
Preparation	Feet move to place the body in line with the ball
	Eyes are focused on the ball
	Hands reach out to meet the ball
Reception	Hands adjust to the path and size of ball
	Fingers are soft and slightly cupped
	The ball is caught in hands only (not forearms)
	Hands and fingers close at the correct time
	Elbows bend to absorb impact

Assessment Focus

- Throw and catch with control
- Throw and catch accurately
- Catch with one hand
- Throw accurately in different ways

'Never settle for less than your best'

Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12