



Y5 and 6

Headteacher: Mr M Grogan

Throwing and Catching

Does Practise make Perfect?

St George's Central CE Primary School and Nursery

Key Words	Definition
Flight	The direction and amount of time that a ball is in the air after being thrown.
Grip	The pressure and technique in which a ball is held.
Dummy/ Feint	Pretending to throw/ pass a ball in order to deceive an opponent.
Dodge	The movement used to avoid contact with a ball or other opponent.
Pivot	The action used while in possession of a ball to move direction keeping one foot on the floor.
Travel (netball/ basketball)	Moving the feet illegally whilst in possession of a ball.
Offside (rugby)	When a player is in front of their teammate as a pass is thrown to them.
Base	A marker in which to run around before the fielding team returns a ball.
Bowl	The action used to throw a ball at a target in a range of different games.
Stumps/Wickets (cricket)	The target at which a ball is thrown.
Wicket keeper/ Back stop	A fielding position behind the batting player.

Key Skills

Chest Pass – Hold ball in two hands, fingers spread. Step forward in the direction of the throw. Push the ball away from the body sharply. Aim for direct and straight flight.

Overhead Pass – Bend arms and keep elbows close the body. Lift the ball over the head. Step forward and release the ball, following through with body weight. Aim for high looped flight.

Bounce Pass – The ball is brought in close to chest. Fingers point towards the floor. Release the ball towards the ground around 2/3 the distance of the pass. The ball should bounce into hands.

Coaching Points

Children should be able to appropriately challenge themselves through the use of equipment and activities that they select during lessons.

When passing to a teammate, children should aim to throw the ball at the torso in able to make it an easier pass to catch. The area is often referred to as the 'bread basket'.

Children should begin to select their own methods of catching and throwing to suit the game that they are playing.

Assessment Focus

- Pass a ball in different ways
- Apply a range of techniques to pass a ball within a game
- Catch and return a ball with speed.
- Field accurately in a range of games
- Put passes together to achieve a specific goal

'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