



PE Reception – Ball Skills

Skills that we will learn

- To use space, obstacles and equipment safely.
- To use a ball when rolling, throwing and catching with a partner and in a group.



What we will learn about

- How to keep safe.
- Understand how and why balls are used for many different sporting activities. Examples are: football, hockey, bowling and tennis.
- To know key facts about exercise. It gives us energy and makes our bones stronger.

Words to help us

equipment	We use equipment to play sport games. For example: balls, nets, cones, rackets and bats.
energy	Exercise makes our bodies feel really good and it lets us be more active (do more activities).
exercise	How we move with our bodies - running, jumping, hopping, skipping, swimming, dancing, throwing, catching, rolling, hitting and kicking
personal space	To find an area where nobody else is. If you stand in someone's personal space then you might bump into each other.

