Key Vocabulary

Aim
To **aim** a ball means to direct it to a particular target or place.

Catch
To **catch** an object means to stop it as it moves through the air and to hold onto it.

Coordination
Coordination is the ability to use different parts of your body at the same time.

Receive
You **receive** a ball by stopping it as it rolls on the ground towards you, or by catching it as it moves through the air towards you.
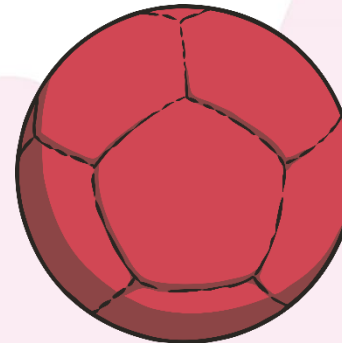
Beanbag
Using a **beanbag** is a great way to practise throwing and catching because the beanbag cannot bounce or roll away. It is also easier to grip when you are just learning.
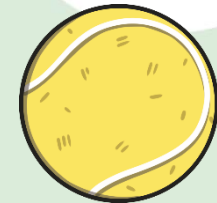
Large Ball
A **large ball** is great to use for bouncing and for catching with two hands.
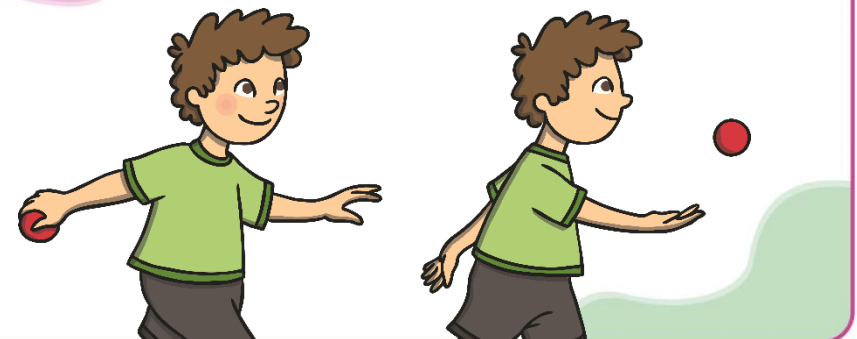
Small Ball
A **small ball** is harder to catch and is a great way to challenge yourself. You can also try catching a small ball with one hand if you are confident.

Underarm Throw
An underarm throw is one in which the ball is propelled through the air when the hand and arm are below the shoulder.

Key Vocabulary

Roll
A way of moving the ball along the ground, and it travels by turning over and over.
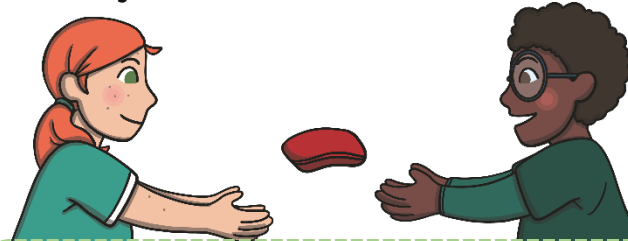
Throw
To **throw** a ball means to send it through the air using force.

Track
To **track** a ball, you follow its movements along the ground or through the air with your eyes and with your body.

Two Handed Catch

To catch **two handed** means that you use both your hands to stop the object and to hold onto it.

Catching Top Tip
Always be on the balls of your feet, ready to move, so your body is in the right place to catch the object.

Bounce

To **bounce** a ball means to push it onto a surface, which it immediately moves back up from.

Bouncing Top Tip
Try not to bounce the ball too close to your feet as you can lose control of it.

Rolling a Ball

To **roll** a ball accurately, it is important to look where you are aiming and to release the ball along the ground using your throwing hand.

Rolling Top Tip
Keep your eyes on the target and your knees bent when releasing the ball.