

TEACHING POINTS FOR BASIC SKILLS KEY STAGE 1

(1) ROLLING AND RECEIVING A BALL

(A) ROLLING A LARGE BALL ALONG THE GROUND

- (i) Begin close together, gradually work further apart.
- (ii) Begin by sitting, then kneeling, gradually work to standing.
- (iii) One hand underneath the ball, guiding hand on top or at side.
- (iv) Start the ball at backswing (*one foot in front of the other in opposition e.g. right handed throw with left foot forward*).
- (v) Bend knees as ball is delivered and “follow through” with hand as the ball is released.
- (vi) The ball should not bounce as it rolls.



(B) ROLLING OR SLIDING A BALL / BEANBAG ALONG THE GROUND

- (i) Bend knees, one foot in front of the other.
- (ii) Leading foot should be opposite to the throwing arm (*e.g. right hand throw, left foot leads*).
- (iii) Arm kept close to the body.
- (iv) Hand near the ground.
- (v) Straight arm swing with ball or beanbag in one hand.
- (vi) Arm “follows through” in the direction of the throw.

