

Ball Skills/Invasion

Knowledge:

We will learn how to position our bodies and hands to enable us to catch different objects.

We will learn and practice hand-eye coordination.

Inspiring Individuals:



Michael Jordan



Serena Williams

Skills and Techniques

Learn how to throw overarm and underarm.



Learn how to kick a football using the inside part of the foot.



Learn how to position ourselves correctly and safely to catch a ball, beanbag or hoop.



Equipment:

- Small balls
- Large balls
- Bats
- Cones
- Nets
- Bench
- Tennis rackets

Reading Links:

Cheetah can't lose By Bob Shea.

Vocabulary:

Overarm, underarm, position, retrieve, target, dominant, non-dominant, rotating, boundary, accelerate.