

**CURRICULUM
GAMES KS1
BASIC SKILLS CARDS
5-7 YEARS**

by Val Sabin



VAL SABIN PUBLICATIONS

"Recommended Teaching Manuals & Materials"

www.valsabinpublications.com





CURRICULUM GAMES KS1 CARDS

CONTENTS

(card no card title page no)

ROLLING A BALL

1. Rolling a large ball along the ground 1
2. Rolling or sliding a ball/beanbag along the ground 1
3. Rolling or sliding in a different direction 2
4. Receiving a rolling ball (*large or small*) or sliding beanbag 2

ROLLING AND RECEIVING A BALL

5. Roll the ball away, run after it and stop it 3
6. Roll the ball away, overtake it and pick it up 3

THROWING AND CATCHING

7. Throwing and catching a large ball 4
8. Throwing and catching a beanbag or small ball 4
9. Throwing and catching a small ball or beanbag with one hand 5
10. Throwing a ball into the air, letting it bounce once before catching it 5

SENDING AND RECEIVING

11. Rolling and receiving 6
12. Throwing underarm and catching 6
13. Throwing underarm and catching – “Throwing” 7
14. Throwing underarm and catching – “Catch” 7

RECEIVING A BALL

15. Catching a high ball 8
16. Catching a low ball 8

SENDING A BALL

17. Overarm throwing – downwards 9
18. Overarm throwing – for distance 9

BOUNCING A BALL

19. Bounce a ball to catch in two hands 10
20. Bounce a ball downwards more than once on the spot 10
21. Making a ball bounce when moving forwards, sideways or backwards 11
22. Bouncing the ball at different speeds/heights 11



CURRICULUM GAMES KS1 CARDS

CONTENTS

(card no card title page no)

BOUNCING A BALL TO A PARTNER

23. Underarm bounce for a partner to catch 12
24. Overarm bounce for partner to catch 12

SENDING A QUOIT

25. Rolling a quoit along the ground 13
26. Throwing a quoit 13

THROWING AND CATCHING A LARGE BALL

27. Chest pass 14
28. Two-handed underarm pass 14

USING A LARGE BALL WITH THE FEET

29. Kicking a ball 15
30. Receiving and stopping a ball with the foot 15
31. Dribbling a ball with the feet 16

DRIBBLING

32. Dribbling a large ball with the hand 16

DRIBBLING AND SENDING A BALL

33. Dribbling with a playbat 17
34. Dribbling with a hockey stick or unihoc stick 17

STRIKING A BALL

35. Striking a ball with the hand 18
36. Striking the ball on the ground with a bat 18
37. Pushing the ball along the ground with a hockey stick 19
38. Striking a ball in the air with a bat 19

STRIKING A BALL

39. Bouncing the ball in the air on a bat 20

STRIKING WITH AN IMPLEMENT

40. One person throwing a ball for partner to hit 20
41. Hitting a ball to each other 21

SKIPPING

42. Skipping without a rope 21
43. Skipping with a rope 22



7

A

THROWING AND CATCHING

Throwing and catching a large ball

1. Use both hands to release the ball in front of face or just above.
2. Watch the ball all the time.
3. Reach up towards the ball with “BIG HANDS”.
4. As soon as the ball touches your hands, squeeze the ball and pull it into your chest.
5. Throw the ball into the air and try to clap your hands before you catch it again. How many claps can you do?



© Val Sabin Publications 2018



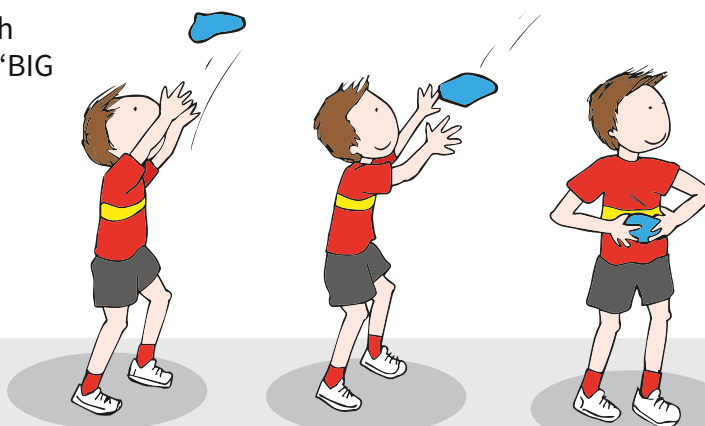
8

B

THROWING AND CATCHING

Throwing and catching a beanbag or small ball

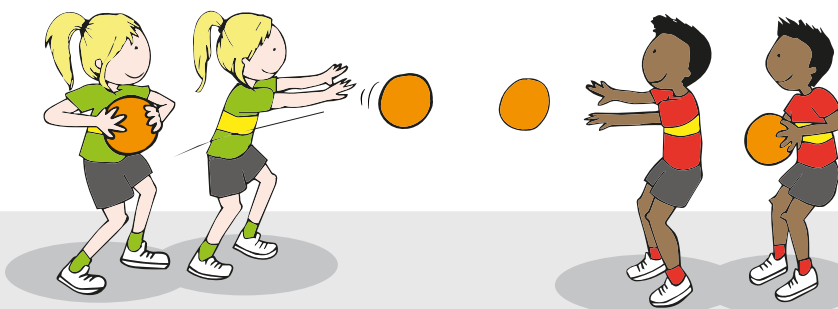
1. To throw the beanbag/ball upwards it must be released above the head.
(In the initial stages throw it just above this height).
2. Watch the beanbag/ball all the time.
3. For catching a beanbag/ball reach up towards it with hands spread “BIG HANDS” and arms slightly bent.
4. Grasp the beanbag/ball firmly.
5. Finish off the catch by squeezing the beanbag/ball and pulling it into the chest.



© Val Sabin Publications 2018

27 **A****THROWING AND CATCHING A LARGE BALL****Chest pass**

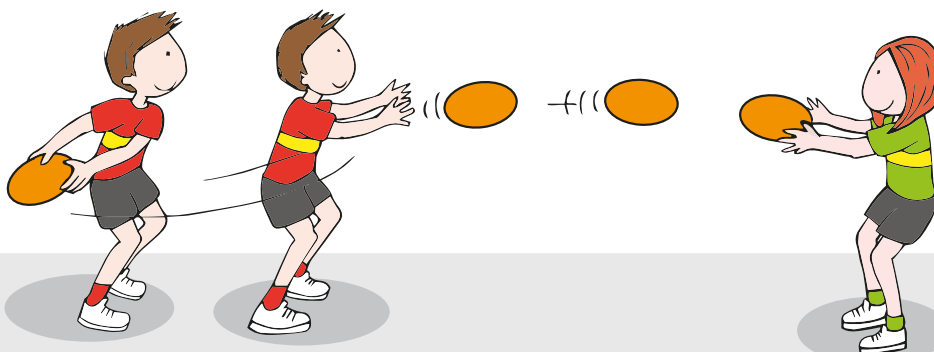
1. Partners stand about five paces apart.
2. To get the correct grip ... place the ball on the floor. Pick the ball up with hands on either side of it; pull thumbs towards the body with elbows bent and the ball close to the chest ready to push the ball forward – feet in opposition (*right-handed = left foot forward*).
3. Sender **pushes** the ball quickly away from the chest in a **straight line** to the outstretched hands of the catcher.
4. Finish the pass with stretched arms and fingers.
5. Emphasise a snappy action and “throw the hands away” (*palms finish facing **away** from each other*).
6. Receiver stands with arms outstretched – “BIG HANDS” fingers pointing upwards.
7. As receiver touches the ball, elbows bend outwards and the ball is taken into the chest.



© Val Sabin Publications 2018

28 **B****THROWING AND CATCHING A LARGE BALL****Two-handed underarm pass**

1. Thrower stands sideways on to the catcher (*if right-handed, left foot nearest catcher*) knees bent.
2. Correct grip ... place the ball on the ground. Pick the ball up with one hand on each side of the ball and slightly underneath it. (*N.B. A rugby ball is held at the sides, not the ends!!*)
3. The throw is a simple straight-arm swing.
4. Weight moves from back foot to front foot.
5. Release the ball when hands are pointing at the catcher's chest.
6. Receiver stands with arms outstretched, hands in a downward cradle.
7. When the ball touches your fingers, curl the arms up to your chest.



© Val Sabin Publications 2018



**CURRICULUM
GAMES KS2
BASIC SKILLS CARDS
8–11 YEARS**

by Val Sabin



VAL SABIN PUBLICATIONS

"Recommended Teaching Manuals & Materials"

www.valsabinpublications.com





CURRICULUM GAMES KS2 CARDS

CONTENTS

(card no card title page no)

NET/COURT/WALL GAMES

Net/Court/Wall games – some relevant skills and concepts	1
1. Hitting the ball with a racquet or hands – forehand	2
1A. Hitting the ball with a racquet or hands – backhand	2
2. One person throwing a ball for partner to hit	3
3. Hitting the ball to each other with a racquet	3
4. Hitting a volley shot with a racquet	4
5. The beginnings of overarm serve with a racquet	4
6. Hitting a ball into the air with hands (<i>dig</i>)	5
7. Hitting a ball into the air with hands, from above the head (<i>volley or set</i>)	5
8. Underarm serve with the hand	6
9. The smash shot with a hand	6

STRIKING AND FIELDING GAMES

Striking and fielding games – some relevant skills and concepts	7
10. Throwing underarm and catching – throwing	8
10A. Throwing underarm and catching – catching	8
11. Catching a high ball – upward cradle	9
12. Catching a low ball – downward cradle	9
13. Overarm throwing (<i>use a light airflow ball</i>)	10
14. Bowling underarm	10
15. Bowling overarm (<i>standing</i>) (<i>right-handed instructions</i>)	11
16. Fielding a ball rolling towards you – the long stop	11
17. Fielding a ball which is running away from you	12
18. Striking a ball in the air with a rounders or wooden shaped bat	12
19. Striking a ball bowled to you	13
20. Striking a ball overarm	13
21. Striking a ball (<i>cricket bat variation</i>)	14



CURRICULUM GAMES KS2 CARDS

CONTENTS

(card no card title page no)

INVASION GAMES

Invasion games – some relevant skills and concepts.....	15 – 17
22. Throwing a large ball – bounce pass	18
23. Throwing a large ball – chest pass.....	18
24. Throwing a large ball – shoulder pass.....	19
25. Throwing and large ball two-handed overhead pass.....	19
26. Two-handed underarm pass (<i>with a large/medium or rugby ball</i>)	20
27. Dribbling a ball with the hand (<i>bouncing</i>)	20
28. Shooting into a suspended net from standing	21
29. Shooting on the move (<i>lay-up fundamentals</i>).....	21

KICKING AND DRIBBLING A BALL

30. Kicking a stationary ball with top of foot	22
31. Kicking a stationary ball with the inside of the foot.....	22
32. Kicking a stationary ball with the outside of the foot	23
33. Toe end kicking pass	23
34. Dribbling a ball with feet.....	24

BRINGING A BALL UNDER CONTROL

35. Controlling a ball with the foot	24
36. Controlling a ball with the chest	25
37. Controlling a ball with the thigh	25
38. Heading a ball	26
39. Tackling with feet	26
40. Dribbling with a hockey/unihoc/shinty stick	27
41. Pushing the ball along the ground with a stick	27
42. Hitting the ball along the ground with a stick.....	28
43. Dribble and hit.....	28
44. Tackling with a stick.....	29



13

STRIKING AND FIELDING GAMES – BASIC SKILLS**Overarm throwing (use a light airflow ball)**

Encourage children to hold the ball between the thumb and first two fingers.

1. Ball is held with one hand, arm bent at the elbow.
2. Ball starts behind the head and **well away from the body**.
3. Point the non-throwing arm at the target.
4. One foot steps in front of the other (e.g. *right hand throws, left leg steps forward*).
5. Throw the ball with a quick extension of elbow, wrist and fingers.
6. “Follow through” with arm in the direction of the throw.
7. Finish with a straight arm and watch the path of the ball.



© Val Sabin Publications 2018

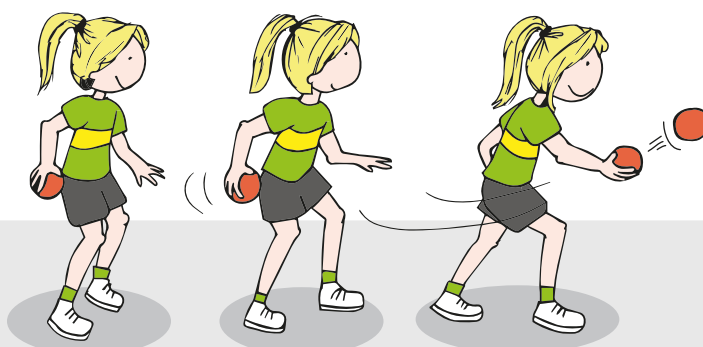


14

STRIKING AND FIELDING GAMES – BASIC SKILLS**Bowling underarm**

In the initial stages, underarm bowling can be from a static underarm throwing position and then move into stepping onto the leading leg as described in **10**. The final stage is as follows:–
(Teaching points are for right-handed bowling.)

1. The bowler steps forward onto the right foot.
2. Then onto the left foot whilst taking the right arm back.
3. As the left foot is put down, the right arm swings forward.
4. The ball is released at about waist height.
5. During this last move the body weight is transferred from the left foot to the right foot.



© Val Sabin Publications 2018



INVASION GAMES

SOME RELEVANT SKILLS AND CONCEPTS

This is the most complex of the families of games. It requires a greater level of understanding and the acquisition of a much wider range of skills in order to participate with any degree of success.

(A) MAKE THE PASS AND MOVE

1. Plan your move before you pass.
2. Deliver the pass accurately.
3. Move immediately to a new space.
4. This space must be in a helpful position to receive a pass.
5. Signal clearly if you want a return pass.

(B) SUPPORTING THE PLAYER WITH THE BALL

1. Do not be too far away from the person with the ball.
2. Move into a good position to receive the ball.
3. Make sure you are not marked, or dodge and signal for the ball.

(C) NUMERICAL ADVANTAGE (ALLOWS SUPPORT PLAY TO DEVELOP)

1. In a situation where one team is larger than the other, the larger one should be able to win.
2. Be aware of everyone else and move into a position to help the person with the ball.
3. Run into a space where you can be easily seen – do not bunch up together.
4. Clearly signal or call for the ball.

(D) GOOD USE OF SPACE

1. Move into a space to receive the ball.
2. Do not get too close to other members of your team.
3. Are you in a useful position?

(E) KEEPING POSSESSION

1. Communicate with team members around you.
2. Take your time, do not be hurried into making a bad pass.
3. Pass to a team member in the best space and to one who is unmarked.
4. Pass accurately.
5. Move to another space to support the person with the ball.



34

KICKING AND DRIBBLING A BALL

Dribbling a ball with feet

1. Keep the ball on the ground.
2. Keep the ball close to feet as you move.
3. Keep the ball in contact with the feet for as long as possible – encourage the use of the inside arch of the foot (*both feet*).
4. Use the space well by stopping and changing direction.
5. Look where you are going.



© Val Sabin Publications 2018



35

BRINGING A BALL UNDER CONTROL

Controlling a ball with the foot

1. Make a “wedge” between the ground and the foot to trap the ball.

OR

2. Withdraw the foot backwards as the ball touches it to make the ball slow down.
3. Try it with the other foot.



© Val Sabin Publications 2018