



Gomer Infant School

PE Support

Spring 2 2022

This half term I have been working with Year R on a ball skills unit. We started with very basic control using a balloon. This proved very popular with the children, as they had so much fun trying to keep the balloon off the floor using different parts of their body. We then tried to control the balloon with different skills, such as throwing it in the air, clapping and then catching it. Finally the children worked with a partner keeping the balloon in the air when passing it to each other. We then moved on to trying these throwing and catching skills with small balls.

The children also practised their ball control with their feet, learning how to move the ball with both feet and changing direction. Year R also showed their skills of stopping the ball with their foot. The final lesson was very popular as the classes put all their new skills into a circuit of activities, such as bouncing the ball on a spot and throwing a ball with a partner. Year R showed great resilience in their learning and really enjoyed trying new skills with the balls.











'I liked rolling the ball on my back, I practised it and now I've got better.' Alfie B.

'My favourite thing was throwing it up, 3 claps and catching it again.' Roberta

'My best thing was bouncing the ball on the floor with 2 hands because I could do it super fast.'
Frankie-Mai

'I liked throwing and catching because it was so easy.' Jacob

Sally Serridge – Primary P.E. Specialist