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Unit 1


Terrific Throwers

ball.

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Activity 1

Write six sports where you play with a ball?

| | | |
|-------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>كرة القدم</p>  <p>Football</p> | <p>الكرة الطائرة</p>  <p>Volleyball</p> | <p>كرة التنس</p>  <p>tennisball</p> |
| <p>كرة السلة</p>  <p>Basketball</p> | <p>البيسبول</p>  <p>Baseball</p> | <p>كرة الرجبي</p>  <p>Rugby ball Rugby ball</p> |

Write three sports where we use our hands to throw a ball.

1. basketball

2. Handball

3. volley ball

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Moving with a ball

We can move in many ways in PE. We can move with the ball. We can move up and down the court. Every sport has different rules as to how we can move with the ball.

Activity 2

Draw a picture of you moving with the ball. Write one rule about moving with the ball.



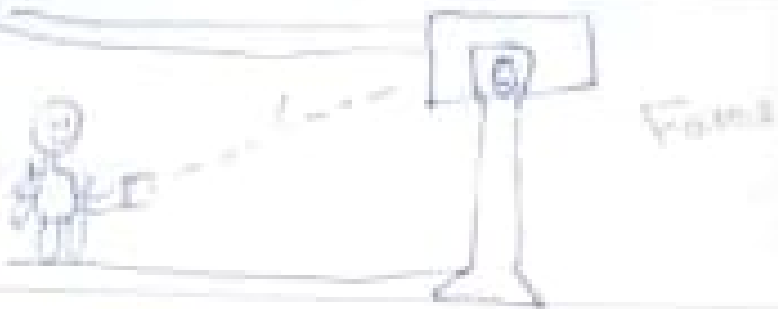
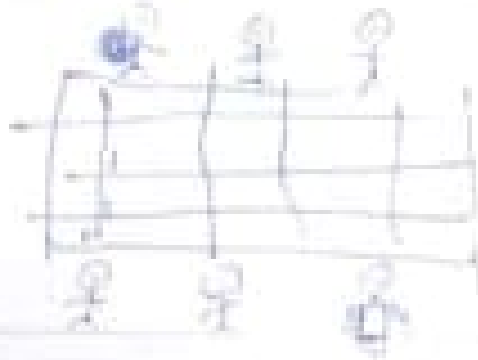

Throwing a ball

In PE, it is important that we can throw and catch a ball. There are many ways to throw and catch a ball.

Activity 3

Work with a partner and come up with three different ways to throw a ball.

Draw the three types of throws. Write the name of the throw and draw the picture beside it.

| Name of throw | Picture |
|---------------|--------------------------------------------------------------------------------------|
| Basketball |  |
| Handball |  |
| Golf |  |

Catching a ball

There are different ways to catch a ball. We must remember to look at the ball when catching.



Move to the ball. Don't wait for the ball to come to you.

Activity 4

With a partner, catch a ball at these different levels. The X is where you can catch the ball.



At what level did you find it easiest to catch the ball?

The up level

The under level

At what level did you find it challenging to catch the ball?

The right level

The left level

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Passing a ball

When we throw a ball to a teammate, it is called a pass. There are different ways to pass a ball.

In PE, we will try different ways to pass a ball.

Activity 5

How many passes did you do with your teammate?
Write the number in the circle.



Activity 6

With a partner, practise passing the ball. Every time you catch a ball, take a step back. Use different passes each time.

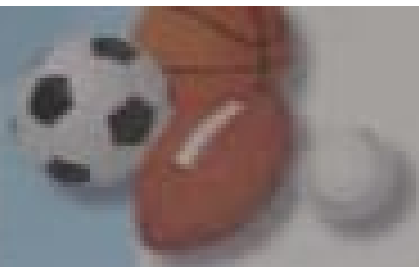
How many steps apart were you and your partner? Write the number in the box.

Numbers of steps

Passes

6





Aiming a ball

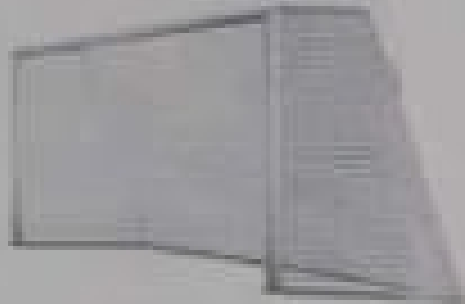
It is important to have good aim. We have good aim if we can throw a ball exactly where we want it to go. We must have good aim to score a goal/point for our team.

Activity 7

Below are four different goals. Talk to your partner and write the name of the sport below each one.



basketball



Football

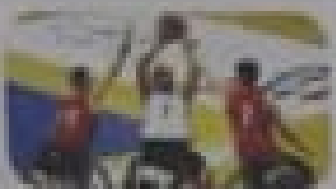


hockey



basketball

Draw a picture of you aiming the ball towards the goal/point.



UAE Heros

Mohammad Al Zarooni has played basketball for the UAE for 17 years. This is the longest time for any UAE basketball player.



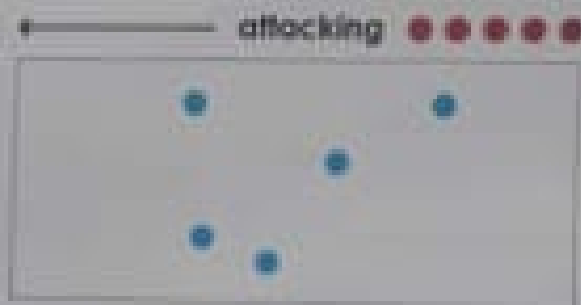
Attacking

There are two teams on a court. When our team has the ball, we are called the attacking team.

Attacking formations are important when you play a game. A good formation will help you score goals and win the game.

Activity

Look at the court below. What space can you move into? Don't forget to think about where the defenders are. Put your attacking team (five players) in those spaces.



Why did you put the attacking players in these spaces?

To: close the space of the other team

This will stop them from shooting

Defending

Defending stops the other team from scoring. Everyone on our team should make sure they are marking another player. When the other team has the ball, our team becomes the defending team.

Activity 9

What would happen if nobody marked Mohamed?
Write your answer below the picture.



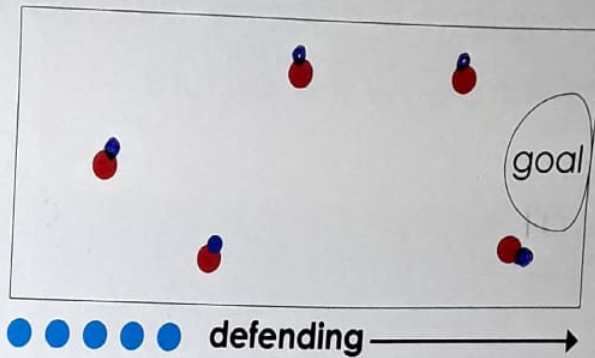
Mohamed will be able to score a

goal



Activity 10

Can you help your team to defend on this court.
Mark your players on the court.



Activity 11

Why did you put the attacking players in these spaces?

Because there are empty space in
the other team, it will be easy to score a goal.



Did you know?

The UAE ranked in the top 4 teams in the Asian Men's Handball Championship 2016.



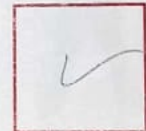
I can



I can move with a ball.



I can throw a ball.



I can catch a ball.



I can pass to my teammate.



I can aim and throw a ball.



I can score a goal/point.





I can defend in a sport.



I can play on a team.

