

Knowledge

- ❖ The children will develop their understanding of the basic and fundamental principles of invasion games such as attacking, defending, scoring and teamwork.
- ❖ They will know how to dribble with a football, to pass and receive the ball in a variety of ways for a range of invasion games and to use space effectively in a game.
- ❖ Children will learn how to dodge to get free from a defender to receive a pass as well as how to mark an opposition player.
- ❖ They will know how to aim for and protect a target.
- ❖ Children will have the opportunity to take part in individual, paired and small group activities as well as to play a range of team games to enable them to practise and improve their skills.
- ❖ The children will know the effects of exercise on their bodies and why it is important to warm up and cool down.

Prior Knowledge and Skills

Children will have learned how to:

- ❖ travel backwards and sideways and change direction while travelling;
- ❖ bounce a ball and catch it repeatedly as they walk forwards;
- ❖ repeatedly push a ball with their foot while they walk forwards to meet it;
- ❖ slowly travel in different directions with a ball;
- ❖ change direction slowly while travelling with the ball and keep control of a ball while travelling;
- ❖ use their hands or feet to pass a ball to a partner,
- ❖ aim a ball at a target and reach it some of the time;
- ❖ pass a ball to another player to try to score points.

Safeguarding

- ❖ Ensure appropriate warm-ups and cool downs.
- ❖ Follow the safety procedures recommended by Hampshire e.g., wearing of jewellery, carrying equipment safely.
- ❖ Ensure the children are appropriately dressed and have correct footwear.

Skills

Children will be able to:

- ❖ recognise and describe how the body feels during and after physical activity;
- ❖ begin to use and understand the terms attacking and defending;
- ❖ throw and catch a ball with a partner using different techniques and begin to choose the best pass to make in a game;
- ❖ kick a ball, using the correct technique whilst moving, with some control and fluency;
- ❖ pass a ball in different ways, using the correct technique, with some control and accuracy;
- ❖ use throwing, catching and kicking skills in a game with increasing confidence and success;
- ❖ begin to apply a range of attacking and defending skills in a game successfully, including dodging and marking; increasingly choose and use the best space in a game, including passing to a player who is in space;
- ❖ perform learnt skills with increasing control;
- ❖ follow rules to play different games and understand the importance of having them;
- ❖ show good teamwork in competitive situations.

Key Vocabulary

- ❖ attack/attacker/attacking
- ❖ catching
- ❖ defend/defender/defending
- ❖ dodging
- ❖ dribbling
- ❖ intercept
- ❖ invasion game
- ❖ marking
- ❖ overhead pass
- ❖ possession
- ❖ receiving
- ❖ space
- ❖ underarm throw