

### *Knowledge*

- ❖ To know how they feel after exercise and compare this to how they felt before;
- ❖ To be able to describe the role of an attacker and defender in a game.



### *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.

### *Prior Knowledge and Skills*

- ❖ To defend means to try to stop the other team scoring a goal.
- ❖ To attack means to get into positions to try to score a goal.
- ❖ How to move into a space to receive a pass or to stay away from a defender.
- ❖ To use simple attacking and defending skills in a team game.

### *Skills*

Most children will be able to:

- ❖ identify and move into a suitable space away from a defender when playing a game;
- ❖ mark a player during a game.
- ❖ find and move into spaces to get away from a defender;
- ❖ position themselves between two opponents, to help defend in a game;
- ❖ watch passes being made and try to intercept the ball;
- ❖ move in different directions and speeds to dodge a defender;
- ❖ make eye contact regularly with other players, before passing or receiving a ball;
- ❖ find open space to receive a pass and look for players in open spaces to pass the ball to;
- ❖ look at their target to aim their throw and usually throw close to the target;
- ❖ use attacking skills that they have learnt and apply these to score points in a game;
- ❖ use some attacking and defending tactics;
- ❖ identify a skill that they are good at and one area in need of improvement.

### *Key Vocabulary*

- ❖ direction
- ❖ dodge
- ❖ eye contact
- ❖ intercept
- ❖ mark
- ❖ pass
- ❖ receive
- ❖ space