



Key Knowledge

- I can describe how my body feels during exercise.
- I can find my pulse.
- I know how to score points and can remember the score.
- I know which part of the foot to use when passing.
- I know how to defend by blocking.
- I know how to defend. I know how to attack.
- I know I can throw in different ways (bounce, roll and slide).

Skills

Select and apply a small range of simple tactics
 Begin to look for space to pass into or run to in order to receive
 Select the more appropriate skill to move forwards to shoot
 Can send a ball using feet
 Can receive a ball using feet
 Link combinations of skills e.g. dribbling and passing with hands in isolation and combination
 Can send a ball using hands
 Can receive a ball using hands
 Can play in a variety of positions in both defence and attack
 Work with a partner and in small groups to develop skills
 Show awareness of teammates and opponents in games

Vocabulary

Aim - Deciding where to hit something
 Attack - Trying to score points
 Compete - Playing against someone else/team
 Cooperate - Working together
 Defend - Trying to stop the other team
 Rebound - When a ball bounces back
 Receive - When you are getting the ball sent to you
 Pitch - Throwing a ball
 Scoring - A system which varies for different sports
 Send - When you serve and send the ball towards the opponent

Lesson Sequence

Lesson 1:
 I can throw different types of equipment.
Lesson 2:
 I can move to space after passing the ball.
Lesson 3:
 I can pass and move forwards to a target with a partner.
Lesson 4:
 I can position myself as a goalkeeper.
Lesson 5:
 I can intercept a ball from a person on the other team.
Lesson 6:
 I can use the skills I have developed in a competition.

