

National Curriculum

Use running, jumping, throwing and catching in isolation and in combination.

Play competitive games,

modified where appropriate

Apply basic principles suitable for attacking and defending

Take part in outdoor and adventurous activity challenges both individually and within a team



Games to Play to Practice the Skills:

Football, Basketball, Netball, Hockey, Rugby

Skills:

Confidently send the ball to others in a range of ways.
Begin to apply and combine a variety of skills (to a game situation)

Develop strong spatial awareness.

Understand the importance of rules in games.

Develop simple tactics and use them appropriately.

Begin to develop an understanding of attacking/defending

Vocabulary

Invasion Game	Team game in which the purpose is to "invade" the opponent's territory while scoring points and trying to make sure the other team doesn't.
Send	Some examples are throwing a ball or a disk, kicking a ball or passing a puck
Receive	Some examples are catching with your hands, cradling a ball with the feet, or receiving an object with a stick
Spatial Awareness	Key concept and skill of Invasion Games. When you recognize your position with the association of an object of play (ball, Frisbee, puck, etc.) and your opponent
Tactics	an action or strategy carefully planned to achieve a winning result
Attack	To enter the oppositions territory and score a goal or point
Defend	To prevent your opponents from scoring a goal or point against your team.

