

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

New Skills:

Vary skills, actions and ideas and link these in ways that suit the activity of the game.

Show confidence in using ball skills in various ways, and can link these together.

Use skills with coordination, control and fluency.

Take part in competitive games with a strong understanding of tactics and composition.

Make suggestions as to what resources can be used to differentiate a game.

Apply basic skills for attacking and defending.

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

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.
Competitive	The desire to win
Composition	The way a team is organised
Coordination	The ability to use different parts of the body together smoothly and efficiently
Control	The ability to manage a moving object.
Fluency	To maintain a movement in a controlled manner.

