



# Physical Education

## Attack Defend Shoot

### Invasion Games

Y1

#### Unit Focus:

Practice basic movements including running, jumping etc. and begin to engage in competitive activities. Experience opportunities to improve ABC's

#### Prior Learning:

- Experienced a variety of games.
- Practised throwing and catching and can demonstrate the basics of these skills.

#### Rules:

- No contact.
- No running with the ball.
- Restart from the side line if the ball goes out.



Make decisions about how to defend a target.



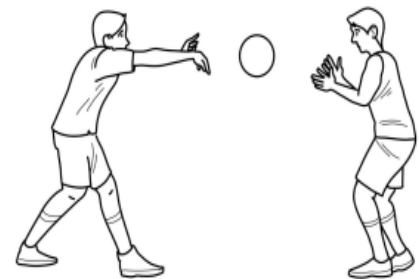
Use change of direction and speed in open play.



Show motivation to improve.

#### Key Vocabulary/Skills:

Send to targets.	Attack, catch, compete, defend, over-arm, play against, receive, rolling, send, throw, under-arm.
Catch and intercept.	
Rolling to target.	
Attacking and defending (& in pairs).	
Compete in a simple tournament.	



#### Inspiring Individuals



**Laura Fürst**  
(1991 - present)



**Xu Xin**  
(1990 – present)

#### Equipment

Small balls, large balls, beanbags, cones, hoops, mats,

#### Key Questions

1. What can we do to make it easier for our teammates pass the ball to us?
2. How can we score a goal?
3. What skills can you use to attack and defend?
4. How have you worked well with your team?