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.

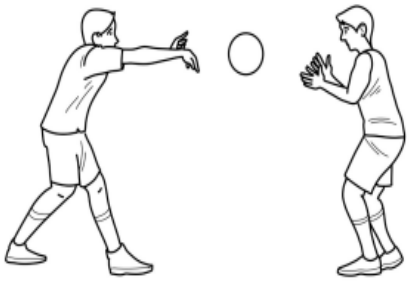
Rules:

- 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?

Inspire to Aspire
St Anselm's Catholic Primary School