Year 1 Wrens

PE

Autumn 2

Invasion Games

Fitness

Fitness

Exercise can really help to improve our mood and make us or keep us feeling happy. There are lots of different exercises that we can do which helps to increase our heart rate, including running and playing games with friends. Exercise also helps to make people's muscles and brains feel stronger. Exercise helps to build agility, balance, co-ordination, speed, strength and stamina.

	Key Vocabulary	Definition
fitness	active	Engaging in physically energetic pursuits.
	brain	The organ inside the head that controls thought, memory, feelings and activity.
	breathing	The process of taking air into and expelling it from the lungs.
	exercise	Actively requiring physical effort, carried out to sustain or improve health and fitness.
	heart	The muscle that pumps blood around the body.
	healthy	In good physical or mental condition.
	mood	A temporary state of mid or feeling.
	muscles	Soft tissue inside of people which grows stronger with exercise.
	strong	Having the power to move heavy weights or perform other physically demanding tasks.
Invasion games	attacking	Making an attempt to score or gain the advantage.
	defending	Protecting the goal to stop the attacking team from scoring.
	dodge	Move quickly to one side or change direction suddenly.
	marking	Stay close to an opposing player to try and stop them from getting or passing the ball.
	points	Numerical score earned by successfully completing an action.
	space	Find there is room away from a crowded group or a partner
	tactics	A plan that helps us to do what we want to when playing games

Teamwork

When working as a team it is important to listen to your partner. It is also important that you give clear instructions in order to keep my partner safe. It is also important to talk, listen and share ideas with other people in order to complete a task.



Mood boosters

As well as fitness, there are many ways that we can boost our mood including:

- Playing with friends
- Spending time with family
- Resting and sleeping



Scoring Points in Invasion Games

Know how to score points for each game and follow simple rules.

Attacking Tactics

- Move into space towards goal.
- Make quick decisions to pass.
- Communicate with each other to let a teammate know you are free.



Defending tactics

- Mark an opponent.
- Stand in between the attacker and the ball.
- Have someone take on the role of goalkeeper.

Invasion games

Invasion games are games where there are two teams and two goals. Teams try to score in the opposite team's goal. If your team has the ball, you are attackers. If your team doesn't have the ball, you are defenders. Invasion games will help with sending & receiving, dribbling, finding space, attacking and defending.

