Kingfishers

P.E.

Autumn 2

Invasion games

&

Fitness

	Key Vocabulary	Definition
Invasion games	attackers	The team with possession who are trying to score a goal.
	defenders	The team, who do not have possession, who are trying to prevent a goal being scored and take possession.
	goal	Specific to the game being played. Usually involves the ball crossing a line within a designated area.
	marking	To stay with a player from the opposing team in order to try to gain possession from them.
	possession	To have control of the ball, either personally or within your team.
	tackle	To challenge another player for the ball.
	tactics	To plan how you are going to win the game.
Fitness	exercise	Activity requiring physical effort, carried out in order to improve health and fitness.
	strong	Having the power to perform physically demanding tasks.
	tired	To feel physically drained after exercise.

Ladder Knowledge

Agility: Using small quick steps will help you to change direction.

Balance: You can squeeze your muscles to help you to balance.

Co-ordination: Some skills require you to move body parts at different times such as skipping.

Speed: Take shorter steps to jog and bigger steps to run.

Strength: Strength helps us with everyday tasks such as carrying our school bag.

Stamina: You need to run slower if running for a long time.

Ladder Knowledge

Sending & receiving: controlling the ball before sending it will help you to get it to the right place or person.

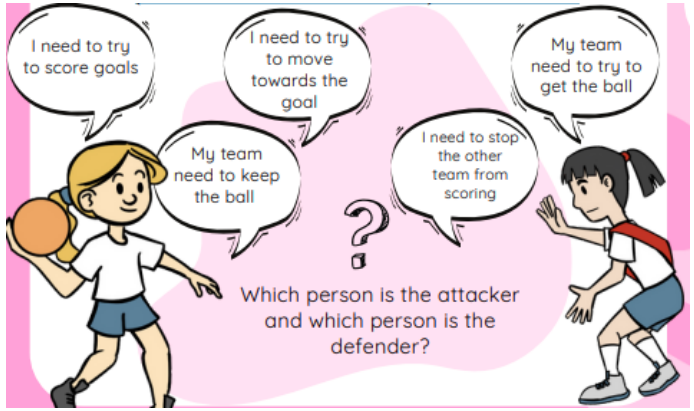
Dribbling: keeping your head up will help you to see where defenders are.

Space: moving into space away from defenders helps you to pass and receive a ball.

Attacking: when your team is in possession of the ball you are an attacker and we can score.

Defending: when your team is not in possession of the ball, you are a defender and need to try to get the ball. Standing between the ball and the attacker will help you to stop them from getting the ball.

Invasion Games



Fitness

- run
- stamina
- skip
- co-ordination
- agility
- strength
- balance

This unit will also help you to develop other important skills.

Social encourage others, communication

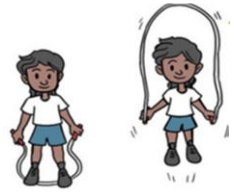
Emotional perseverance, determination

Thinking comprehension, identify strengths and areas for improvement

Skipping

Hold at waist height.

Soft, bent knees



Jump when the rope goes past your face.

Fitness

Being fit means keeping your body strong and full of energy. Just like how we take care of our toys to keep them working well, we need to take care of our bodies too. When we're fit, our bodies can do lots of fun things like running, playing, and exploring.

Invasion Games

Invasion games are games where there are two teams and two goals. Teams try to score in the opposite team's goal. Examples include football, handball, rugby, netball, basketball, hockey. In invasion games, the team that is in possession of the ball (the team that has the ball) are the attackers. The team that is not in possession of the ball (the team that does not have the ball) are the defenders.