

What should I already know?

- Throw and catch with control - high, low slow and fast.
- Perform a range of actions, keeping the ball in control.
- Use simple tactics and react to opponents.
- Show awareness of others when playing games.
- Understand the importance of warming up and cooling down.

Gems of Knowledge

Procedural Knowledge

- Pass and receive with control.
- Select passes that keep possession.
- Take up space to make it difficult for your opponents.
- Move to support your team mates and maintain possession.



Declarative Knowledge

- Understand and explain what happens to your heart rate and breathing when exercising.
- Begin to understand why you get hotter.
- Identify what you do best and what you find most difficult.



FOCUS -

Develop skills - Blocking, marking, receiving and sending.

Vocabulary

<p>Chest Pass - A quick pass started by holding the ball at your chest.</p>		<p>Aim - Directing where you want the ball to go.</p>	
<p>Bounce pass - Throwing the ball so it bounces before it reaches the receiver.</p>		<p>Accuracy - Perform movements with skill and precision.</p>	
<p>Possession - Your side/team keeping control of the ball.</p>		<p>Speed - Keep the ball moving at a fast pace. Moving your body to keep up with this.</p>	