PE Y3/4 Cycle A - Spring I

What should I already know?

- · Pass and receive the ball with control.
- · Select passes that keep possession.
- · Take up space that makes it difficult for opponents.
- Move to support your team mates.
- Describe what happens to your heart rate and breathing when playing games.

Gems of Knowledge

Procedural knowledge -

- · Get into good positions to pass, shoot and receive the ball,
- · Pass the ball using different techniques.
- · Shoot and score with increasing accuracy.
- Use a range of tactics, including finding space to keep cossession of the ball.
- Declarative knowledge -
- Develop the understanding of the importance of speed when taking part in invasion games.
- · Understand the link between heart rate and breathing.
- · Identify and describe the skills needed to improve your playing.



Netball

FOCUS - Using space/Tactics

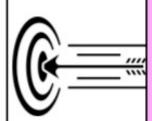
Vocabulary

Chest pass -

Sending the ball from chest height with two hands.



care with movement to ensure success.



Bounce pass -

Throwing the ball to another player, making it hit the ground before it gets to them.



Send - Release the ball to go to someone else. EG - throwing, kicking or rolling.



Possession -

Maintaining control of the ball.



Mark -

Blocking/staying close to the opposing players to make it difficult for them.

