

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 possession 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.



FOCUS - Using space/Tactics

Vocabulary

<p>Chest pass - Sending the ball from chest height with two hands.</p>		<p>Accuracy - Taking care with movement to ensure success.</p>	
<p>Bounce pass - Throwing the ball to another player, making it hit the ground before it gets to them.</p>		<p>Send - Release the ball to go to someone else. EG - throwing, kicking or rolling.</p>	
<p>Possession - Maintaining control of the ball.</p>		<p>Mark - Blocking/staying close to the opposing players to make it difficult for them.</p>	