

What should I already know?

- Show good awareness of others when playing games.
- Become increasingly confident and competent with fundamental movement skills.
- Catch, gather and hit the ball with increasing control.
- Throw/hit the ball in different ways (slow, fast, high, low).

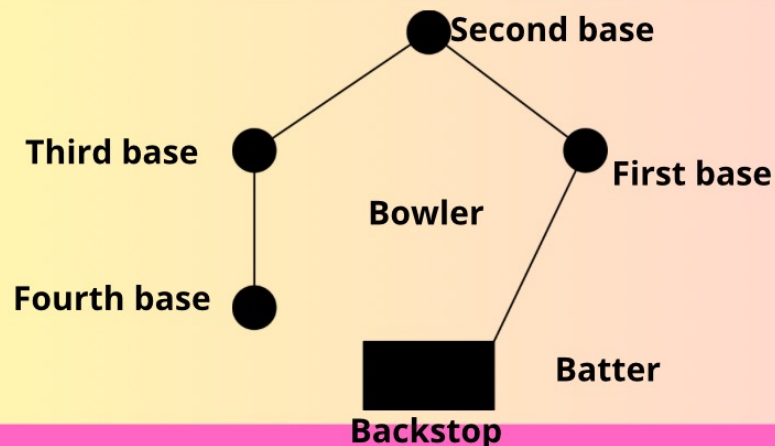
Gems of Knowledge

Procedural Knowledge

- Ensure basic skills are performed with control and accuracy.
- Throw a ball at increasing distances, using the correct technique.
- Show simple tactics in games.
- Intercept and stop the ball.

Declarative Knowledge

- Identify what you need to do to improve your performance.
- Explain the link between your heart rate and breathing during exercise.
- Devise suitable warm ups for activities.



Vocabulary

FOCUS -

Ball Skills

Use skills in isolation and in combination

Accuracy -

Perform movements exactly how you planned.



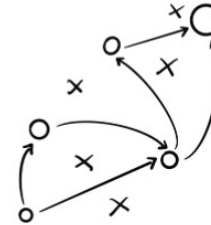
Control -

Keeping the ball close to you and planning your actions.



Tactics -

Decision and actions take to ensure success for your team.



Intercept -

Stopping the ball from travelling further.



Receive -

Catching or stopping a ball.



Endurance -

Being able to continue despite feeling tired.

