Physical Activity:

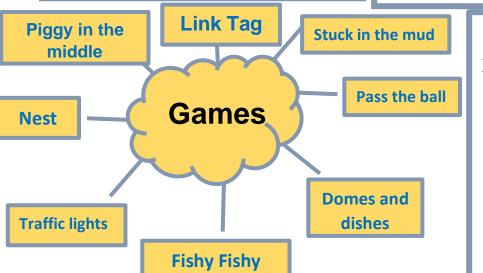
The children will be focusing on Invasion Games. They will be looking at the development of different skills and how these skills can be applied to game environments. We will learn about the importance of warmups and cool downs. As a class we will also discuss we will learn to talk about the effects of our lessons on our bodies and how us doing it contributes to health lifestyle.

Warm-up: To prepare the body for physical activity by warming up the body and decrease the risk of injury.

Cool-Down: To slow the body down and return the body to pre-physical activity temperature.

Invasi\(\epsilon\) Games

Key vocabulary: Warm-up Cool-down Running Jumping Skills Throwing Catching Kicking Directions Travel



PE Values:

Invasion game value: Teamwork





Key Skills:

Catching the ball Receiving a ball from another playing using hands	
Throwing the ball Passing a ball to another player using hands	
Bouncing the ball Pushing ball towards floor and bouncing it on the floor first	
Rolling the ball Rolling a ball along the floor with control	
Dribbling the ball Using your foot to guide the ball along the floor	