



**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 warm-ups 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.

# Invasion Games

**Key vocabulary:**

Cool-down	Warm-up	Movement
Jumping	Running	Skills
Catching	Throwing	Rolling
Directions	Kicking	Control
	Travel	

**Key Skills:**

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

**PE Values:**

Invasion game value: Teamwork



Piggy in the middle

Link Tag

Stuck in the mud

Pass the ball

Nest

**Games**

Domes and dishes

Traffic lights

Fishy Fishy