



Key vocabulary:

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.

Attacking- attempting to score

Defending- trying to prevent attacker from scoring

Space- an area which is free of others

Skill- ability to do something well

Stretching- straighten a body part to full length

Travelling- moving from one place to the other

Invasion Games

Physical Activity:

The children will be building on the ball skills they have learnt in Terms 1 and 2.

They will be focusing on how the ball skills they have learnt are used in games by looking at attacking and defending.

We will also continue to look at the impact physical activity has on our bodies and its importance in keeping healthy.

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



PE Values:

Invasion game value: Teamwork



Key questions:

How does ... make you feel?

What colour does ... make you feel? Why?

What impact does... have on your mental health?

Attacking and Defending

