

## 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

# Invasi\(\epsilon\) 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.

#### PE Values:

Invasion game value: Teamwork



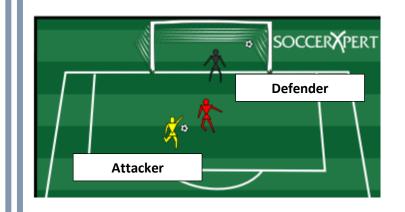
### Key questions:

How does ... make you feel?

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

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

## **Attacking and Defending**



# **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	