



What should I already know?

- How to create a target when receiving the ball.
- The importance of constantly watching the ball when catching.
- How to maintain control when dribbling in hockey.
- The dribbling technique used in basketball.
- How to catch the ball when it is passed to me at varying pace and accuracy.
- Be able to consistently perform a 'step, push, point' chest pass technique.

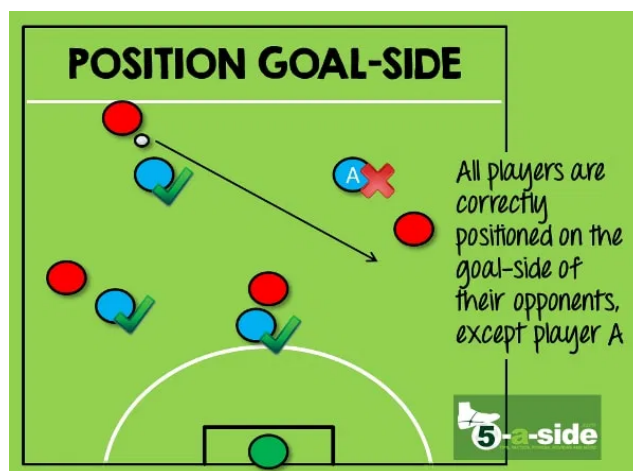
What will I know by the end of the unit?

- How to maintain control when dribbling a football
- How to pass and work as a team to keep the ball
- Effective ways of marking and defending
- Find ways to successfully get free from defenders
- Why and when to use different passing styles
- Begin trying to create space and move off of the ball

Vocabulary

Passing	The action of throwing, hitting or kicking the ball to a team mate.
Receiving	Catching, stopping or trapping the ball successfully when passed to.
Dribbling	Bouncing, kicking or hitting the ball slightly in front of you whilst on the move.
Control	Keeping the ball close to you to maintain possession.
Target	Your intended recipient. Also what you create with your hands when you wish to receive or catch the ball.
Attacking	The principle of keeping the ball for your team and working to create a goal scoring opportunity.
Possession	A term used in sport to describe which team has the ball
Defender	The player trying to regain possession of the ball by marking, intercepting or tackling the attacker on the opposing team.
Intercepting	Stealing or catching the ball from the opposition whilst it is in flight.
Jockeying/Shadowing	When a defender stays close to an attacker, whilst remaining on the goal side of them.
Goal side	Optimum position of a defender (see diagram)

Diagram



When defending, we often fall into the trap of getting 'drawn to the ball'. Instead, defenders must be patient and position themselves between the attacker and the goal. This is called being 'goal side'.

Key Information

Invasion games lessons will take place outdoors. They will sometimes be on the playground, though mostly on the field. Pupils need full outdoor PE kit including trainers and astro's/boots and shin pads for this topic.

We are proud to have been awarded a national 'Silver School Games Award' for our PE department's commitment to school sport and clubs. Useful clubs to attend to supplement learning in this topic are;

- Netball club
- Rugby Club
- Dodgeball Club
- Basketball Club

Investigate/Homework tasks

Homework in PE is completely optional but will always be gratefully received, marked and (sometimes) displayed by the PE department. Pupils can choose from the following activities.

1. Attend as many school clubs per week as you can (remember to collect an early lunch pass for each one). See the school website for up to date clubs lists.
2. Join an organised team or club out of school to experience competitive sport at local level.
3. Watch a sport of your choice on tv or in person. Choose your favourite player to write a 'player profile' on. You could include their nationality, club, position, age, number of caps and details of any leagues or trophies they have won.



Topic: PE – Invasion Games

Year: 5

NC Strand: Games