



Links to the PE National Curriculum

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
- Pupils should be taught to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

Key Skills: Physical

- Ball control
- Throwing and catching
- Moving with the ball
- Dribbling
- Shooting

Key Skills: S.E.T

- Social: Working Safely
- Social: Communication
- Social: Respect
- Emotional: Honesty and Fair Play
- Emotional: Perseverance
- Thinking: Planning strategies
- Thinking: Observing and providing feedback

Key principles of invasion games

Attacking	Defending
Score goals	Stop goals
Create space	Deny space
Maintain possession	Gain possession
Move the ball towards goal	



Key Rules

- The rule of three:
- You can hold the ball for three seconds if not moving.
 - You can take three steps with the ball then option to pass, shoot or dribble followed by option to use an additional three steps.
 - You must be three steps away at a throw in.
- Other rules:
- Games start from the centre of the court.
 - The conceding team start from the centre of the court after a goal is scored.
 - Double dribble - dribbling the ball with two hands at the same time and / or dribbling the ball, catching it and then dribbling again is called double dribble.

Key Vocabulary:

- **dribble**
- **shoot**
- **opponent**
- **opposition**
- **possession**
- **grip**
- **interception**
- **protect**
- **fluid**
- **defence**
- **mark**
- **double dribble**
- **attack**

Teacher Glossary

Interception: when a player takes possession of the ball away from the opposition as the ball is passed

Possession: when a team has the ball they are in possession

Marking: when a player defends an opponent

Principle: these are the attacking and defending foundations that make up a game. Please see principles on the left.