



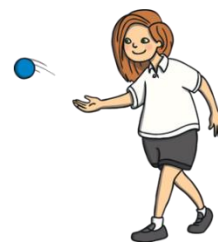
Year 1 PE: Spring 2 Attack, Defend, Shoot

Key Vocabulary

Catch	To intercept or hold
Compete	Strive to gain or win something
Co-operate	Work jointly towards the same end
Defend	Resist an attack or protect
Heart rate	The speed at which the heart beats
Over-arm	A throw made with the hand or arm passing above the level of the shoulder
Receive	To be given something
Rolling	An object moving by turning over and over
Under arm	A throw made with the hand or arm passing below the level of the shoulder
Throw	To propel something with force through the arm

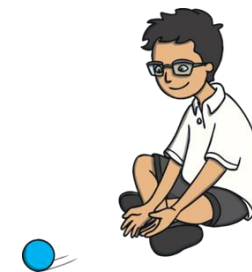
Unit focus:

- To recognise rules and apply them in competitive and cooperative games.
- Use and apply simple strategies for invasion games.
- Preparing for, and explaining the reasons why we enjoy exercise



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Under arm throw



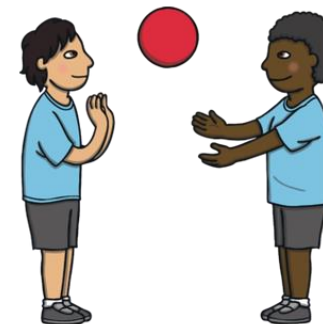
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Rolling



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Over arm throw



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Catch

6 hours

Lesson 1

Recognising the changes to the body during exercise

Lesson 2

Using sideways movement to be in a better position to defend goals

Lesson 3

Bouncing the ball to yourself

Lesson 4

Play with a partner using throwing, catching, and bouncing skills to score points

Lesson 5

Adapting play to the rules of a game

Lesson 6

Identify where best to start to defend goals

Links

Literacy: Work collaboratively with others to implement strategies to score points.
Numeracy: Work with others to score points and keep count of points scored.