



Physical Education: Invasion

Year 4

Key Knowledge

- I know that there are different **roles** and **positions** within a team.
- I know that using **tactics** can help improve play and win games.
- I know that by **watching** and **listening** to others I can improve my performance by modifying my **technique**.

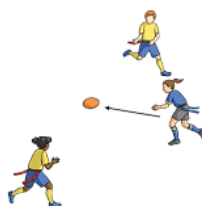
Key Fitness Vocabulary

Fitness	physical condition, especially the condition of one's muscles and heart.
Balance	to hold steady.
Agility	the ability to move or think easily and quickly.
Co-ordination	the working together of different muscles to carry out a complicated movement.
Progress	to develop in a good way or grow.
Stamina	the strength to handle long effort.

Key Vocabulary for Invasion

Attack and defence

I know that attacking/defending skills are a key part of invasion games.



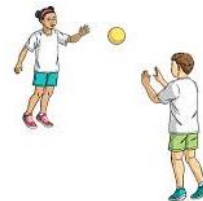
marking
to mark a space or a player making it challenging for the opposition to pass the ball

interception
to intercept a pass, stealing the ball for your team

dodging
is an attacking skill used to move around a defender

Receiving a pass

receive a throw



Use your hand eye coordination, keeping your eye on the ball until it reaches hands

receive a kick



use your foot eye coordination to receive a kick, keep your eyes on the ball

receive a hit



Get in position early to receive the pass, with your stick and body in the right position

I know that in team sports you need to work together and support one another to be successful.

