



Physical Education: Invasion

Year 5

Key Knowledge

- I know that there are different ways of throwing and catching, and know when each is **appropriate in a game**.
- I know **techniques** to keep and win back **possession** of the ball effectively in a team game.
- I know how to **score** in invasion games.

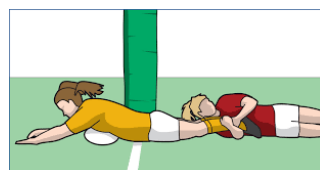
Key Fitness Vocabulary

Agility	the ability to move or think easily and quickly.
Co-ordination	the working together of different muscles to carry out a complicated movement.
Force	the use of such power, energy, or strength.
Continuous	going on without pausing or stopping.
Technique	the particular method or way of doing or performing something.
Stamina	the strength to handle long effort.

Key Vocabulary for Invasion

Scoring

I know that there are various ways of scoring in invasion games.



Sending a pass

sending a throw



sending a kick



sending a hit



hoop/net

used to score in netball, basketball and ultimate frisbee

goals

used in sports such as football, hockey, handball and water polo

try line

used in rugby union, rugby league and american football

use the correct type of pass for the game situation, release the ball at the target

use the right amount of pace and power on the ball to reach the target

position the body and the ball correctly, use enough power in the hit to reach the target

I know that in competitive situations accuracy of passes can change under pressure.

