

Year 1 Invasion Games Curriculum Link: To participate in team games, developing simple tactics for attacking and defending; To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities		
Key Information	Learning	Key PE Skills
Unit	Previous Learning	Competing and Performing
<p>Subject Name: PE Year Group: 1 Term: 3 (H1) Unit Name: Invasion Games</p> <p>Spiritual Development Through the study of Physical Education, children will develop an understanding of the importance of physical health and how this can promote positive emotional development. When Jesus arrived, he saw a large crowd. He felt sorry for them and healed those who were sick.</p> <p>Matthew 14:14</p>	<p>Physical Development</p> <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. <p>Personal, Social and Emotional Development</p> <ul style="list-style-type: none"> Work and play cooperatively and take turns with others Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. <p>Other</p> <ul style="list-style-type: none"> Create a short sequence of movements. Roll in different ways with control. Travel in different ways. Stretch in different ways. Jump in a range of ways from one space to another with control. Begin to balance with control. 	<ul style="list-style-type: none"> Engage in competitive activities and team games.
Big Ideas	Year 1 Learning	Health and Fitness & Preparation

To develop skills in sending, receiving and dribbling a ball. To understand attacking and defending and what 'being in possession' means. To play competitively, score points, follow rules and use simple tactics.		<ul style="list-style-type: none"> To understand the role of defenders and attackers. To recognise who to pass to and why. To move towards goal with the ball. To support a teammate when playing in attack. To move into space showing an awareness of defenders. 	<ul style="list-style-type: none"> Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy.
Key Information		Learning	Key PE Skills
Vocabulary		Future Learning:	Evaluation and Communication
attack defend shoot hit throw pass catch dribble	goal warm-up cool-down kick score pitch teamwork	<ul style="list-style-type: none"> To understand what being in possession means and support a teammate to do this. To understand that scoring goals is an attacking skill and to explore ways to do this. To understand that stopping goals is a defending skill and explore ways to do this. To explore how to gain possession. To mark an opponent and understand that this is a defending skill. To apply simple tactics for attacking and defending. 	<ul style="list-style-type: none"> Watch or describe performances of themselves and others - begin to say what went well and what didn't go well. Follow simple rules to play games, including team games.
Glossary			

Attack: The team or parts of a team trying to score or get points, those in control of the ball. It is not just simply scoring; it is the actions of all the players on the team who have possession of the ball.

Defend: The team or parts of a team trying to prevent the opponents from scoring or getting points, those trying to gain possession of the ball

Dribble: Travelling with the ball in a particular direction.

Invasion Game: A type of game that involves attacking an opponent's zone with the aim of scoring a goal or point.

Cool Down: Using gentle stretches and exercises to allow the body to return to rest after physical activity.

Possession: When a player or team has the ball.

Striking and Fielding Games: Players on the batting team strike an object and attempt to run between two points before the fielding team can get the object back.

Tactics: Methods and plans that players and teams use to increase their chances of winning.

Warm Up: Using gentle stretches and exercises to allow the body to be ready for physical activity.