

Big Questions

- Why do we practice hitting a target?
- How can we use our body to defend the goal?
- Why is it important to show your partner where you want them to send you the ball? (Hands together as target)
- How do use our target practice skills in a real game?
- Why is it better to attack and defend with a partner, not just on your own?
- Why are rules important when playing a game?

Sticky Knowledge

- Know different ways to send a ball/object to a target
- Know what a defensive stance or position is
- Know what it means to send a ball/object accurately
- Know key steps to send a ball accurately
- Know what the principle of attacking and defending in a game refers to
- Know some of the reasons why games have rules

What		Why	How
Rolling - A way of moving an object from one place to another along the ground.		A quick and accurate way to send an object to somebody else or at a target.	Holding the object in one hand, step the opposite foot forward. Swing the object forward, releasing it near the ground so the object is always moving in contact ground.
Underarm throwing - A way of accurately moving a ball to a target over a shorter distance		When an object needs to be sent quickly over a short distance consistently and accurately. Often used when passing the ball or aiming at a target.	Holding the ball in one hand, step forward with the opposite foot. Swing the ball forward, releasing the ball by your side and follow through with the arm pointing where you want to send the ball.
Overarm throwing - Moving a ball with power over longer distances.		When an object needs to be sent over a longer distance, the power created with an overarm throw sends the ball further.	Standing sideways on, with the opposite foot to the throwing arm in front. Start with the ball just behind the shoulder, swing the arm through past the shoulder, in front of the head.

What		Why	How
Defending a goal – being able to use a good defensive position to try and prevent an attacker from scoring a goal.		Using a strong defensive position will ensure the defender is blocking as much of the goal as possible. They are also in a position to move quickly to respond to a shot.	Start in the middle of the goal with knees bent and on their toes, ready to move quickly to the ball. Arms and hands are spread as wide as possible to reduce space in the goal mouth for shots to be made.
Working with a partner in attack – being able to work with a partner to create scoring opportunities in attack		Collaborating in pairs enables players to utilise the available space on the field effectively. One of the players strategically moves towards the goal or open space, thereby increasing their chances of scoring.	Communicate with each other to ensure both players know where the other is in the space and send the ball using an accurate pass. Receive the ball with hands together as a target for your partner.
Working with a partner in defence - being able to work with a partner to prevent the opposition from scoring		Working with a partner when defending is important as it is a good way to reduce the amount of space an attacker has.	Defenders communicate with each other to ensure they know where the attacking players are. Use defensive positioning and posture in your defending area.
Play a game using basic rules. Rules are an important part of playing games, as they ensure fairness to all playing.		Rules should be introduced to enhance the development of the players. Sometimes modified rules are used to lead to a specific outcome e.g. scoring of more goals	• No contact: you cannot knock the ball out of another player's hands. • No moving with the ball. If travelling occurs, the opposition gets a free pass from the site of the offence. • Restart play if the ball goes off the sideline. Possession goes to the team that did not cause the ball to go out; they must pass into one of their players. • To start and restart the game after a goal is scored, the defenders that just conceded a goal have possession to try and attack.

Year 1 Unit 1 Attack, Defend, Shoot – Crossover skills and knowledge

Attack, Defend, Shoot is a unit based around Invasion games. Invasion games are those in which a team must ‘invade’ an opponent's territory to score a goal or point. They do this by controlling the ball, keeping possession and moving into scoring positions.

Examples of invasion games are:

- Hockey
- Netball
- Handball
- Basketball
- Tag Rugby

Head

Recognise rules and apply them in competitive and cooperative games

Make decisions about how to defend a target

Attack defend shoot, Send & Return, Hit Catch Run (All KS1 units)

Attack defend shoot (All KS1 units)

Hand

Aim at targets and shoot from varying distances, defended and unopposed

Roll, slide or throw a beanbag or ball with accuracy

Attempt to intercept and catch a thrown ball

Use change of direction and speed in open play

Come up with creative ways of manipulating different objects such as balls and beanbags

Attack defend shoot (All KS1 units)

Attack defend shoot, Send & Return, Hit Catch Run, Run and Run, Jump, Throw (All KS1 units)

Attack Defend Shoot, Send & Return, Hit Catch Run (All KS1 units)

Attack Defend Shoot, Send & Return, Hit Catch Run (All KS1 units)

Attack Defend Shoot, Send & Return, Hit Catch Run (All KS1 units)

Heart

Work in collaboration with others to attack and score points

Show motivation to improve and attempt more difficult challenges

Attack, Defend, Shoot (All units)

Attack, Defend Shoot, Dance, Gymnastics, Send & Return, Hit, Catch, Run, Run, Jump, Throw, OAA (All KS1 Units)