

Prior Learning

Practiced basic movements, including running, jumping etc. Engaged in competitive activities. Experienced opportunities to improve ABCs.

Unit Focus

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

We are learning...

1. to find our pulse on our wrists.
2. to move side to side to defend a goal.
3. to bounce a ball with control to ourselves.
4. to aim at different targets.
5. to adapt to a game with changing rules.
6. to play in the best defensive position in a game.

Key Questions

1. Why do we need to have a good defensive position when defending a hoop?
2. Where should we move to defend if attackers move to the outside?
3. How did attackers score points in this game?

Equipment

Small balls, large balls, beanbags, cones, hoops, mats, quoits, targets, skittles, and goals.

Vocabulary

Cooperate, defend, fluency, heart rate, outwit, physical activity, pitch.

Rules

- Restart a game after a goal is scored from the start position.
- Use markings to play within restricted areas.

Assessment Overview

Head – Discuss changes in the body brought about by exercise.

Hand – Judge when and where to move to get in a defensive position.

Heart – Cooperate to perform a range of challenges using skills such as signalling.

