

Year 1 Games Unit 3

National Curriculum objectives

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. Participate in team games, developing simple tactics for attacking and defending.

Key Learning

- Understand what attacking and defending is using simple practices and demonstrate this.

Equipment

- Tennis balls/Soft balls/Large balls/Basketballs/Footballs
- Beanbags.
- Bibs.
- Cones/Tall cones (goals).
- Spots.
- Hoops.

Key Vocabulary

Attackers: People whose aim is to score points by targeting the scoring area and attacking the defence.

Attacking: Movement made towards the oppositions scoring area within the game to score points.

Communicating: Speaking and listening to share ideas with your team-mates.

Defenders: Players whose role is to protect the home team's goal and prevent the other team from scoring.

Defending: Movements made to protect the home teams goal, preventing the opposition from scoring

Dodging: Moving away from another person or object to avoid contact.

Eye contact: Keeping your vision on something, e.g. a target or person.

Intercepting: Blocking the ball from passing between two other players.

Marking: Covering, tracking and following a member of the opposite team.

Mirroring: To reflect the movements, shapes and positions of a partner like a reflection in a mirror.

Passing: Sending the ball to another member of your team.

Points: How a winning shot is scored. A point is the smallest unit of scoring in tennis.

Scoring: The act of gaining a point/s when accomplishing a goal.

Side-step: Moving sideways to avoid contact or to move away from an opponent.

Space: The area to move around and perform your skills in.

Tactics: How a team manages space, time and individual actions to win a game.

Teams: The group you are working with in your game, supporting each other and aiming for the same goal.

Teamwork: Working together and supporting other members of your team in a game.

Key Questions

As an 'attacker' is it best to stand still or move quickly?

Is it easier to stop a rolled, thrown or kicked ball?

Which was harder for you; attacking or defending?

What do you have to do as a defender?

Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- Wear suitable footwear
- Use correct techniques
- Complete a warm-up and cool-down