



Key Vocabulary

Passing
Scoring
Attacking
Defending
Position
Co-ordination



Games

Football, Rugby, Tennis, Netball and Cricket
PE LKS2



Physical wellbeing

I know the main effects of exercise.

I know how to prepare my body for exercise.

Key knowledge and skills

Travelling with a ball:

I know how to move with a ball using a range of techniques showing control and fluency.

Attacking and defending

I know how to apply simple attacking and defending skills in a variety of different games.

Tactics:

I know how to apply the basic principles of invasion games.

Health and Fitness:

I know the basic needs of the body during exercise.



Links to other subjects:

Science (Year 3 healthy eating)

Science (Year 4 animals including humans)



Links to prior learning:

Improve confidence in games to try new things

Next steps:

I know the short term effects of exercise.



Head



Understanding
Responsibility

Heart



Respect
Communication
Resilience

Hands



Fitness levels
Competitive
Technique