

Knowledge Organiser: Year 1 Attack Defend Shoot Unit 1



Prior Learning: Experienced a variety of games. Practised throwing and catching and can demonstrate the basics of these skills.

Equipment needed: Small balls, large balls, beanbags, cones, hoops, mats, quoits, targets, skittles.



Unit Focus: Practice basic movements including running, jumping etc. and begin to engage in competitive activities. Experience opportunities to improve ABC's.

Key Vocabulary/Skills

Send to targets.	Attack, catch, compete, defend, over-arm, play against, receive, rolling, send, throw, under-arm.
Catch and intercept.	
Rolling to target.	
Attacking and defending (& in pairs).	
Compete in a simple tournament.	

Key Questions:

1. What can we do to make it easier for our teammates to pass the ball to us?
2. How can we score a goal?
3. What skills can you use to attack and defend?
4. How have you worked well with your team?

Rules:

- No contact.
- No running with the ball.
- Restart from the sideline if the ball goes out.

Head: Make decisions about how to defend a target.

Hand: Use change of direction and speed in open play.

Heart: Show motivation to improve.

