

Year 3 Throwing, aiming, kicking & catching

STICKY KNOWLEDGE

- All games need rules so that they can be played fairly.
- I know to have 'W' hands when I am catching a ball.
- I know when throwing underarm I need to swing my arm to the front of the body, transferring the weight from back foot to front foot.
- I know when throwing overarm I stand side on, step towards the target with my arm at shoulder height.
- I know to use the side of the foot to pass a football.
- I know to use both feet to dribble using the inside of the big toes.
- I know how exercise affects the body by making the heart beat faster, making us sweat, making us breathe heavy.
- I know it is important to warm up so that muscles aren't sore and you don't get injured.
- I know that you can improve by listening to others and setting targets.



Sarah Hunter is the England Ladies rugby union captain.



Owen Farrell is a rugby union player who is captain of the England team.

VOCABULARY

Dribbling – pushing the ball from the left foot to the right whilst moving forwards

Possession – keeping hold of the ball

Competitive – pushing yourself to succeed and wanting to win

Tactics – creating the team's ideas where they can work together to win

Throwing – using a pushing force to send an object

Underarm – The hand swings down and back behind the body. The ball is tossed forward, and the hand follows through

Overarm – the arm is above the head and it is used to make quick, accurate passes

Stamina – the mental and physical ability to keep going at an activity for a long period of time

Stationary – staying still with the ball

INVASION GAMES FOOTBALL YEAR 4

Rules need to be followed for a game to be fair.
Tactics can cause problems for the opposition.
Dodging is an effective skill for getting past the opposition.
You use the side of the foot to pass a football.
You use both feet to dribble using the inside of the big toes.
An effective team needs to communicate and show sportsmanship.

Vocabulary

adapt – make changes in order to be more successful

opposition – the team you are playing against

dodge – making quick, sudden movements, usually to avoid something.

communicate – pointing to a space where you want the ball, pointing out an attacker that needs to be marked, or waving for the ball are all ways to communicate your intentions to teammates

tactics – creating a playing system that links a team's ideas to a particular style of play e.g. slow or quick pace, short or long passing



David Beckham made a significant contribution to English football during the 1990s and 2000s.

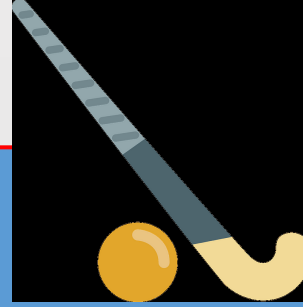


Marta Vieira de Silva is regarded as the best female football player ever.

Year 5 Invasion Games Hockey

STICKY KNOWLEDGE

- Games can be invasion, net or striking and fielding.
- Invasion games involve attacking and defending.
- The right hand is at the bottom of the stick with the thumb pointing up and fingers pointing down to grip a hockey stick.
- In a competitive situation tactics need to be used.
- I know the importance of warming up so that the body does not get injured as there is an increased blood supply to the muscles.
- I know that physical activity is not only good for your heart but also your mental well being.



VOCABULARY

Technique – A way of carrying out a task, especially the execution or performance to achieve a result.

Attacking – Aiming to break through an opponent's defense to score a goal.

Defending – Attempting to prevent the other team from scoring a goal.

Push shot – An accurate shot taken without a backswing. It relies on the player's body strength to power the pass. The player is able to aim better and this makes it an ideal shot if you're looking to score a goal.

Reverse stick – Turning the stick over to move the ball from left to right.

Dribble – Pushing the ball from the left to right and back again whilst moving forwards

Indian dribble – A technique where you push the ball from left to right and back in a rapid fashion. The movement of the ball is achieved by repeatedly turning the hockey stick from a legal left shot to a legal right shot position. It is a very good way to beat your opponent, as a player using Indian dribble is hard to defend against.

Grip – The way a player holds the hockey stick with their hands. There is little variation in how a player can hold a hockey stick, but as players execute various skills, they will slide their hands up and down the stick.

STREET DANCING YEAR 6

STICKY KNOWLEDGE

- I know that a stimulus arouses the imagination and could be music, art or literature which require improvisation.
- I know that a motif is a movement phrase that repeats itself throughout a dance.
- I know that you can incorporate emotion and feeling into a dance.
- I know that planning and evaluating a dance should use vocabulary such as control, emotion, criteria, refine and composition.
- I know that dancing improves your fitness and is good for your health and mental well being.
- I know that warm-ups and cool-downs are necessary and I can plan them.



Martha Graham was an American dancer and choreographer who was named as a female icon of the 20th Century.

VOCABULARY

Composition – the act of combining parts to make a whole.

Criteria – the requirements set on which an evaluation will be made.

Refine – to make changes and improve

Motifs – a movement phrase that repeats itself throughout a dance.

Independent – being able to work confidently alone

Control – to hold in check, showing precision and strength

Year 6 Invasion Games - Football

STICKY KNOWLEDGE

- * I know that invasion games include football, hockey, netball, basketball and rugby.
- * I know that a successful team uses tactics, has an awareness of defence and attack and are good communicators.
- * I know that attackers need to create space, keep the ball and get into a threatening position.
- * I know when defending you need to put pressure on quickly, bending your knees and putting your arms out to balance.
- * I know the link between warming up and injuries
- * I know that when evaluating you need to give constructive advice.

Harry Kane is the England captain and is currently considered one of the best strikers in the world.



VOCABULARY

Tactics – A plan or strategy to gain the advantage within a game.

Attacking – Aiming to break through an opponent's defense to score a goal.

Defending – Attempting to prevent the other team from scoring a goal.

Intercept – To seize the ball from a player and stopping it from getting to its intended destination.

Tackle – The act of trying to gain possession of the ball from another player, which often involves bodily contact.

Direction of Play – This refers to the direction in which a team is moving forward with the ball.

Offside – This occurs when an attacker goes behind the line of defenders before the ball has been passed to them. At this point, the attacker is closer to the goal line than the defender.



Pelé is considered to be one of the greatest players ever.