

Year 1 – Games for Understanding	Knowledge	Vocabulary
	<p>Know that attacking in sport is the team with the ball trying to score against their opponents.</p> <p>Know that the defenders don't have the ball and are trying to stop the attackers scoring.</p> <p>Know that in sports, a team wins by scoring more than their opposition.</p> <p>Know different ways to dodge:</p> <p>Know that games have rules to make games fair for both teams.</p> <p>Moving:</p> <ul style="list-style-type: none"> • backwards, • sideways, • with heavy feet, • balls of feet, • high to low (jumping), • low to high (crouching), • changing speed (slow to fast). • <p>Know a technique for dodging:</p> <ul style="list-style-type: none"> • Head up to see opposition • Low body position, by bending your knees slightly • Plant one foot on the floor, lean body in that direction • Then quickly move in the opposite direction <div data-bbox="92 1256 778 1458" data-label="Image"> </div> <p>Know which sports require us to dodge: dodgeball, tag rugby...</p> <p>Know that we need to slow down and have a low body position when trying to tag a defender –this allows the defender to be ready if the attacker changes their direction suddenly.</p> <div data-bbox="842 1559 1153 1765" data-label="Image"> </div>	<p><u>Session 1</u> Dodging Attacking Defending Tagging</p> <p><u>Session 2</u> Strategy</p> <p><u>Session 3</u> Scoring zones</p> <p><u>Session 4</u></p> <p><u>Session 6</u> Positioning</p>

Know the correct running technique:

- Keep back straight
- Head up, facing forwards
- Pump the arms
- Lift knees but not too high
- Opposite arm and opposite leg to be raised at the same time.



Know defending strategies

- Communicate so you don't end up chasing the same defender
- Decide who is covering which space so you can cover as much ground as possible

Know attacking strategies

- Moving in different directions to make it more difficult for the defenders
- Targeting defenders who may be less confident in order to have a successful attack

Year 1 – Games for Understanding – Sum 1

Vocabulary List

Dodging – avoid a defender using a quick movement

Attacking – the team with the ball trying to score against their opponents

Defending – don't have the ball and are trying to stop the attackers scoring

Tagging – touching or pulling the tag of an opposing player

Strategy – a plan used to win in a game or activity

Scoring zones – a zone within the area of play where points can be scored

Positioning – a player's starting position to help a team achieve a goal