

Key Knowledge

- I know that **invasion games** is when a ball is hit, kicked or thrown.
- I know that **foot-eye coordination** is where my feet and eyes work together to kick or receive a ball.
- I know that a ball can be **thrown, rolled** or **bounced**.

My Body

I know that I have muscles in my body and that it's important to stretch them before exercise.

I know how to carry and place equipment safely.

Sending a ball

I know there are different ways of sending a ball.



rolling

a ball can be rolled along the floor

hitting

a ball can be hit

kicking

a ball can be kicked

Travel with and without a ball

side to side



moving feet side to side in a balanced and controlled way

backwards



move feet backwards, looking over your shoulder

forwards



move feet forwards in a balanced and controlled way

I know that there are different types of balls used in sports.

