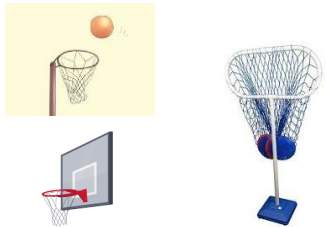







Key Knowledge

- I know that there are different ways of throwing and catching, and know when each is **appropriate in a game**.
- I know **techniques** to keep and win back **possession** of the ball effectively in a team game.
- I know how to **score** in invasion games.

My Body

I know where to find my pulse and how to take it.
 I know and understand the reasons for warming up and cooling down.
 I know and can explain some safety principles when preparing for and during exercise.

Scoring			Sending a pass		
I know that there are various ways of scoring in invasion games.			sending a throw	sending a kick	sending a hit
					
hoop/net used to score in netball, basketball and ultimate frisbee	goals used in sports such as football, hockey, handball and water polo	try line used in rugby union, rugby league and american football	use the correct type of pass for the game situation, release the ball at the target	use the right amount of pace and power on the ball to reach the target	position the body and the ball correctly, use enough power in the hit to reach the target
			I know that in competitive situations accuracy of passes can change under pressure.		

