

Key Knowledge

- I know **thinking ahead** and **creating a plan** of attack and defence is important in invasion games.
- I know how to perform and **apply** a variety of skills and techniques with **precision**.
- I know that **communication** and **working as a team** is an important key to success.

My Body

I know and understand how exercise effects my pulse.
 I know and understand the importance of warming up and cooling down and how to carry out warm ups and cool downs safely and effectively.
 I know how to stretch and name the major muscles in the body.

Team work			Competitive games		
I know that team work is important in invasion games.			tactics	precision	sportsmanship
					
communication is key to a successful team, talking to one another, let others know you are passing or in space	listening skills are key when passing and receiving the ball, also important so everyone knows what the game plan is	cooperation working well with everyone on your team and the referee/umpire	using the right tactics in defence and attack will help win the game	using the skills you have with control and technique will improve precision	It is playing fairly showing respect and fair play to opponents and graciousness in both victory and defeat.
I know that by applying skills and tactics, understanding the rules and working as a team we are more likely to be successful.					

