

Links to the PE National Curriculum

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
- Pupils should be taught to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

Key Skills: Physical

- Passing
- Catching
- Footwork
- Intercepting
- Shooting
- Dodging

Key Skills: S.E.T

- Social: Working safely
- Social: Communication
- Social: Collaboration
- Emotional: Honesty and fair play
- Emotional: Perseverance
- Thinking: Planning strategies and using tactics
- Thinking: Observing and providing feedback

Key principles of invasion games

Attacking

Score goals

Create space

Maintain possession

Move the ball towards goal

Defending

Stop goals

Deny space

Gain possession



Key Rules

- **Footwork:** The first foot to touch the ground when a player receives the ball is known as the landing foot. If both feet are already on the ground, a player can choose their landing foot. Players can lift their landing foot from the ground but cannot place it back down. Encourage players to keep their landing foot on the ground, the other foot may then be moved in any direction, pivoting on the landing foot.
- **Held ball:** In 5-a-side a player has 4 seconds to pass or shoot, otherwise a free pass is awarded to the opposing team.
- **Contact:** A player is not allowed to contact an opponent.
- **Obstruction:** A defender must be 1m away from the ball carrier before they put their arms up, otherwise a penalty pass is awarded to the opposing team.

Key Vocabulary:

- | | | |
|--------------|----------------|-----------|
| • footwork | • landing foot | • attack |
| • pivot | • interception | • defence |
| • opponent | • rebound | • contact |
| • opposition | • obstruction | • mark |
| • receiver | • possession | |

Teacher Glossary

Interception: catching a pass made by an opposing player

Possession: when a team has the ball they are in possession

Marking: when a player defends an opponent

Getting free: when an attacking player moves to lose their defender

Rebound: is when a player attempts to shoot a goal but the ball hits the goalpost and bounces back into play



Where this unit sits

Assessment Criteria

- I can describe how my body feels during exercise.
- I can dodge and find space away from the other team.
- I can move with a ball towards goal.
- I can sometimes dribble a ball with my hands and feet.
- I can stay with another player to try and win the ball.
- I know how to score points and can remember the score.
- I know who is on my team and I can attempt to send the ball to them.

Year 2

- I am beginning to use simple tactics.
- I am learning the rules of the game and am beginning to use them honestly.
- I can communicate with my team and move into space to support them.
- I can defend an opponent and try to win the ball.
- I can pass, receive and shoot the ball with some control.
- I can provide feedback using key words.
- I understand my role as an attacker and as a defender.
- I work cooperatively with my group to self-manage games.

Year 3

- I can use simple tactics to help my team score or gain possession.
- I understand the rules of the game and I can use them often and honestly.
- I can defend one on one and know when to win the ball.
- I can explain what happens to my body when I exercise and how this helps to make me healthy.
- I can move to space to help my team to keep possession and score goals.
- I can pass, receive and shoot the ball with increasing control.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I share ideas and work with others to manage our game.

Year 4

- I can communicate with my team and move into space to keep possession and score.
- I can identify when I was successful and what I need to do to improve.
- I can pass, receive and shoot the ball with some control under pressure.
- I can stay with an opponent and I confident to attempt to intercept.
- I know what position I am playing in and how to contribute when attacking and defending.
- I understand the need for tactics and can identify when to use them in different situations.
- I understand the rules of the game and I can apply them honestly most of the time.
- I understand there are different skills for different situations and I am beginning to apply this.

Year 5

Progression of Skills Ladder

Other units that progress into this activity are:

Games
Ball Skills
Fundamentals
Invasion Games
Sending and Receiving

Sending & receiving
Develop control when S&R under pressure.

Attacking
Explore creating tactics with others and applying them to game situations.

Year 5

Defending
Develop tracking and marking with a variety of techniques and increased success.

Space
Move to create space for themselves and others in their team.

Sending & receiving
Develop passing to a teammate using a variety of techniques appropriate to the game.

Attacking
Develop decision making around when to pass and when to shoot.

Year 4

Defending
Develop defending one on one and know when to win the ball.

Space
Move into space to help their team keep possession and score goals.

Sending & receiving
Explore S&R abiding by the rules of the game.

Attacking
Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games.

Year 3

Defending
Track opponents to limit their scoring opportunities.

Space
Develop moving with a ball towards goal with some control.

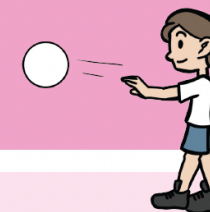
Sending & receiving
Developing S&R with increased control.

Attacking
Developing moving into space away from defenders.

Year 2

Defending
Explore staying close to other players to try and stop them getting the ball.

Space
Explore moving with a ball towards goal.



Links to the PE National Curriculum

- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
- Pupils should be taught to play competitive games, modified where appropriate [for example badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

Key Rules

- **Footwork:** The first foot to touch the ground when a player receives the ball is known as the landing foot. If both feet are already on the ground, a player can choose their landing foot. Players can lift their landing foot from the ground but cannot place it back down. Encourage players to keep their landing foot on the ground, the other foot may then be moved in any direction, pivoting on the landing foot.
- **Held ball:** In 5-a-side, a player has 4 seconds to pass or shoot, otherwise a free pass is awarded to the opposing team.
- **Contact:** A player is not allowed to contact an opponent.
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Key Vocabulary:

Key Skills: Physical

- Passing
- Catching
- Footwork
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- Shooting
- Dodging

Key Skills: S.E.T

- Social: Communication
- Social: Collaboration
- Emotional: Perseverance
- Emotional: Honesty and fair play
- Thinking: Planning strategies and using tactics
- Thinking: Selecting and applying skills
- Thinking: Decision making



rebound

possession

attack

contact

obstruction

defend

contest

conceding

interception

consecutive

consistently

turnover

Teacher Glossary

Possession: when a team has the ball they are in possession

Interception: catching a pass made by an opposing player

Turnover: when a team not in possession of the ball gains possession

Marking: when a player defends an opponent

Getting free: when an attacking player moves to lose their defender

Rebound: when a player attempts to shoot a goal but the ball hits the goalpost and bounces back into play



Where this unit sits

Assessment Criteria

- I can use simple tactics to help my team score or gain possession.
 - I understand the rules of the game and I can use them often and honestly.
 - I can defend one on one and know when to win the ball.
 - I can explain what happens to my body when I exercise and how this helps to make me healthy.
 - I can move to space to help my team to keep possession and score goals.
 - I can pass, receive and shoot the ball with increasing control.
 - I can provide feedback using key terminology and understand what I need to do to improve.
 - I share ideas and work with others to manage our game.
- Year 4**

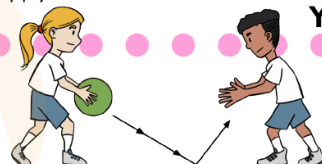
- I can communicate with my team and move into space to keep possession and score.
 - I can identify when I was successful and what I need to do to improve.
 - I can pass, receive and shoot the ball with some control under pressure.
 - I can stay with an opponent and I confident to attempt to intercept.
 - I know what position I am playing in and how to contribute when attacking and defending.
 - I understand the need for tactics and can identify when to use them in different situations.
 - I understand the rules of the game and I can apply them honestly most of the time.
 - I understand there are different skills for different situations and I am beginning to apply this.
- Year 5**

- I can create and use space to help my team.
 - I can pass, receive and shoot the ball with increasing control under pressure.
 - I can select the appropriate action for the situation and make this decision quickly.
 - I can use marking, and/or interception to improve my defence.
 - I can use the rules of the game consistently to play honestly and fairly.
 - I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.
 - I can work in collaboration with others so that games run smoothly.
 - I recognise my own and others strengths and areas for development and can suggest ways to improve.
- Year 6**

- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

KS3 PE NC Subject Content

Progression of Skills Ladder



Other units that progress into this activity are:

Games
Ball Skills
Fundamentals
Invasion Games
Sending and Receiving

Sending & receiving
Develop making quick decisions about when, how and who to pass to.

Attacking
Explore creating attacking tactics with others in response to the game.

Sending & receiving
Develop control when S&R under pressure.

Attacking
Explore creating tactics with others and applying them to game situations.

Sending & receiving
Develop passing to a teammate using a variety of techniques appropriate to the game.

Attacking
Develop decision making around when to pass and when to shoot.

Year 6

Defending
Explore creating and applying defending tactics with others in response to the game.

Space
Move to the correct space when transitioning from attack to defence.

Year 5

Defending
Develop tracking and marking with a variety of techniques and increased success.

Space
Move to create space for themselves and others in their team.

Year 4

Defending
Develop defending one on one and know when to win the ball.

Space
Move into space to help their team keep possession and score goals.