



# Waterbeach Community Primary School

## Curriculum Capture for Year 4

### PE: Invasion Games: Ball on the Ground

#### Theme: Healthy Living

Key Knowledge	
<p><b>Dribble and pass accurately in small-sided games.</b></p> <ul style="list-style-type: none"> <li>This part of the unit focuses on football skills.</li> <li><b>Dribbling:</b> Use the inside of the foot/ feet, not the toes. Ball should be kept close to the feet, approximately 50cm away.</li> <li><b>Passing:</b> Two-touch technique (control and pass). Place non-kicking foot close to the ball and strike ball with instep of other foot, eyes on the ball. Swing leg through in direction the ball needs to travel. Receive the ball with the instep, cushion the ball.</li> </ul>	<p><b>Know where and when to pass to avoid defenders and to tackle accurately.</b></p> <ul style="list-style-type: none"> <li>Within a grid, practise the following sequence: pass then move into a new space and indicate to receive the ball, freely sharing space with partner.</li> <li><b>Tackling:</b> make themselves as wide as possible and 'close in' on the player with the ball, thus reducing the angle the player has to make a pass to a team mate. Then face to face only. Feet to feet only. Aim for the ball and stop if gain the ball.</li> </ul>
<p><b>Control a ball when passing through and towards targets.</b></p> <ul style="list-style-type: none"> <li>This part of the unit focuses on hockey skills.</li> <li>A hockey stick has a flat and a rounded side; we only use the flat side. Correct grip has left hand at top, right hand halfway down stick on the stick grip. Bend knees, head up.</li> <li>Push pass: two hands apart on the stick left hand at top, stand sideways, and place feet apart, stick next to the ball. Push the ball towards partner. Top tip – push passes are almost silent.</li> </ul>	<p><b>Keep possession of the ball as a small team and score towards the target.</b></p> <ul style="list-style-type: none"> <li>Shooting practise combining the dribbling skills (controlling speed and change of direction using the hockey stick) and push passes to aim at a target.</li> <li>Use a similar grid as with the football skills to practise dribbling into a space, passing to a team mate who is free while one other player is trying to intercept.</li> </ul>



**Football shooting**



**Hockey dribbling**



**Football dribbling**

Vocabulary	
Pass	Kick, hit or throw (the ball) to another player on one's own side.
Tackle	Attempting to play the ball when it's in the other team's possession.
Dribble	Take the ball forwards with slight touches of the feet or the stick.
Kick	Striking the ball with the foot.
Control	To move in a calm, mannered way.
Mark	To follow a player not in possession of the ball when defending.
Attack	Engaging with the opposing team with the aim of scoring points or goals.
Defend	The act of prevent an opponent from scoring.
Target	A mark or point at which one fires or aims.
Accurate	The quality or state of being correct or precise.
Goal	A pair of posts linked by a crossbar and typically with a net in between.

Key Skills
Use and adapt simple tactics and apply simple rules and conventions.
Work in teams and develop an understanding of games principles related to attack and defence.