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| Learning Objectives | Skills | |
| * Demonstrate strength, stamina and management of speed when running whilst handling the ball. * Apply dodging and evasion appropriately within the game. * Throw with excellent accuracy, power, speed and strength while running and standing still. * Use the ‘W’ handling technique when catching the ball. * Use knowledge and understanding to confidently select passing, positioning, running spaces and speeds within the game. * Appropriately use correct and specific movements during the game. * Use spatial awareness and communication to attack and defend effectively. | Warm-up  Handling  ‘W-shape’ handling  Catch  Pocket pass  Dodge  Evasion | Tagging  Tackle  Score  Attack  Defend  Interception |
| Key Vocabulary | |
| Passing  Catching  Tagging  Forwards  Backwards  Sideways  Invasion  Try  Handling  Spatial-awareness  Knock-On | Attacking  Defending  Accuracy  Teamwork  Intercept  Tactics  Assist  Technique  Overload  Possession  Utilise |