



Y3 PE Knowledge Organiser—Invasion 1



Key Knowledge

Learn these key facts—key points in red

Sending the ball

Football—move towards the ball—non-striking foot planted to the side of the ball and swing striking foot at the ball.



Hockey— using the front of the stick line the ball up in the middle and push/strike towards your team-mate.



Receiving the ball



Football—watch the path of the ball and move to it—use the side (inside or outside) of your foot to cushion the ball to stop it.

Hockey— cushion the ball with the stick—try to receive the ball in a side on position.



Moving with the ball

It is important to be in control of the ball when you are moving with it as you may need to change direction, stop or accelerate with it quickly.

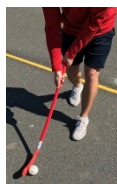
Football

Lots of small touches with your foot using either the inside, outside or top of your foot. Try to keep your toe pointing slightly down when touching the ball.



Hockey (Uni-hoc)

In uni-hoc you can use either side of the stick to move the ball. Keep the ball a comfortable distance from your body and take little touches on the ball to move it forwards.



Basketball

One hand only on the ball, push the ball with fingertips so the ball bounces to around hip height.

Key Vocabulary

Understand these key words

Word	Definition
Control	Know where the ball is at all times when in possession.
Dodge	Move away from other players e.g. side stepping or changing direction.
Dribble	To move a ball using small touches from point A to point B.
Invasion	The aim of the game is to attack the other teams territory to score a goal/point.
Pass	Successfully send and receive a ball to a teammate.
Pitch	Area in which games, such as football, rugby and hockey, are played.
Possession	When your team have the ball.
Receive	Take possession of the ball from a teammate W / Target Hands important for Basketball
Send	Using your feet/hands or a stick push the ball to a teammate.
Space	An area of the pitch/court where you are not next to your teammates or opponents.
Turn	Change direction with or without the ball.

Focus Sports

Football

The National sport for the UK—played by over 11 million men, women, boys, girls and those with disabilities in the UK. Played on a pitch.

Played in different formats from 5v5 to 11 v11

Hockey

Similar to football hockey is played 11 v 11 but a stick is used instead of feet.

Hockey is an Olympic sport for both men and women,

Basketball

Played 5v5 on a court—huge sport in the USA as well as around the world.

Is an Olympic sport.

Score by shooting into a basket with a backboard.

