



Y3 PE Knowledge Organiser—Invasion 2



Key Knowledge

Learn these key facts—key points in red

Different Passes

When playing sports such as netball and basketball passing is very important these are the 3 key passes.

Chest Pass

Both thumbs to the back of the ball, take the **ball from your chest** and send it to a team-mates chest (ball should not touch the floor). **Fingers finish pointing towards the target** and palms facing out.



Bounce Pass

Same setup at the chest pass with the exception of **fingers end up pointing to the floor** when you let go of the ball. Aim towards your teammates feet— the ball should **bounce once**.



Shoulder Pass

One handed pass—cradle the ball in hand and lift the ball to shoulder—push the ball quickly towards your teammate. Foot position opposite foot forwards to the hand being used.



Rugby Pass

Two hands must be on the ball at all times (ideally holding the belly (wider part) of the ball—hold the ball close (but not tight) to your chest.



Key Vocabulary

Understand these key words

Word

Definition

Court

Playing area where the game (netball, basketball, handball) takes place

Intercept

To gain possession on the ball when the other team are passing the ball.

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

Playing area for rugby.

Pivot

Keeping one foot on the floor—rotate body on that foot

Possession

When your team has the ball.

Receive



Take possession of the ball from a teammate
W / Target Hands important

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

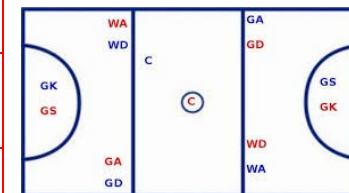
Change direction with or without the ball.

Focus Sports

Netball

Played on a court with 7 players at elite level. Players all have set positions and are only allowed in certain areas because of this.

Boys and girls play at primary level but only ladies at elite level.



Rugby

There are 2 forms of Rugby—Union which is 15 v 15 and League 13 v 13.

Both codes of Rugby have a World Cup .

The ball is carried in rugby and passes backwards.

Different forms include: Tag, Touch, beach and 7s.