

I should already know:

I can explain why communication is important in sport

I will learn:

Spatial Awareness – Moving into space, communicating to team mates that you are in space. Why do we need to move into space?

Passing – Types of passing, making the right decision as to which type of pass to use and when to pass.

Accuracy and technique.

Dribbling/ Running with the ball – Keeping control of object ball. Decision making on releasing object ball.

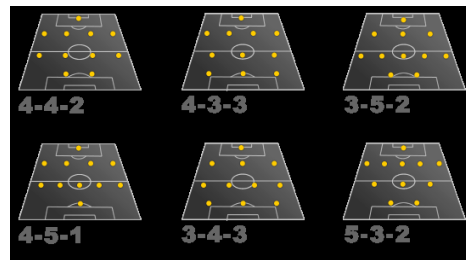
Shooting – Different techniques, accuracy, power, decision making.

Sports Leadership will be incorporated to every lesson.

Student led warm-ups, Students leading within groups, students leading cool downs, team captains.

Key Words

Spatial Awareness	Spatial awareness is the ability to see and understand two or more objects in relation to each other and to one's body in terms of space and distance.
Tactics	Tactics are a plan or strategy put into place to allow the best outcome for an individual or team in sporting competition
Formation	A formation are the positions players of a team are put into during a competitive match. There are different formations depending on your strategy
Lateral	When the ball carrier throws the ball to a teammate in a direction parallel to or away from the opponents' goal line. (Backwards or side wards).
Accuracy	How precise a pass, shot or throw is when aiming for a specific target.
Technique	Technique is skill and ability in a sporting or other practical activity that you develop through training and practice.



- The components of fitness relate to the requirements of a given sporting activity, and can help to explain success or failure in sport.
- A distinction can be made between components that are generally considered to be **health related** (health benefits may be gained through improvements in these components), and those that are **skill related**, although both will affect performance in sport.



Greater Depth Challenge

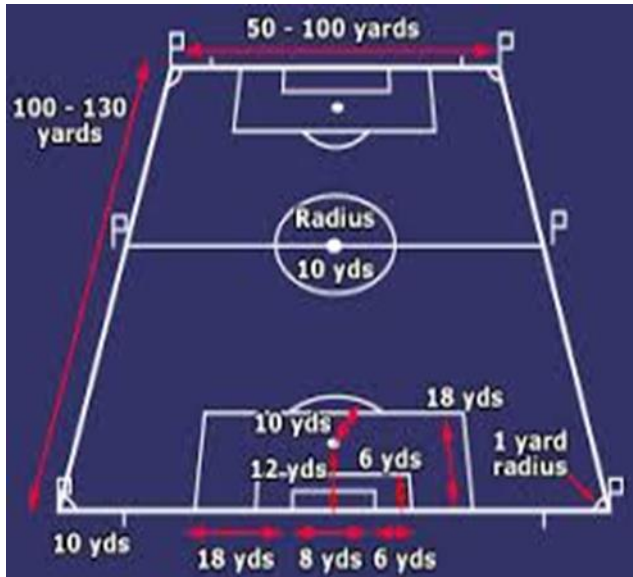
Can you name 5 components of fitness?
Can you name a formation in football?

This will help in the future:

Strategic planning
Tactics
Invasion Games

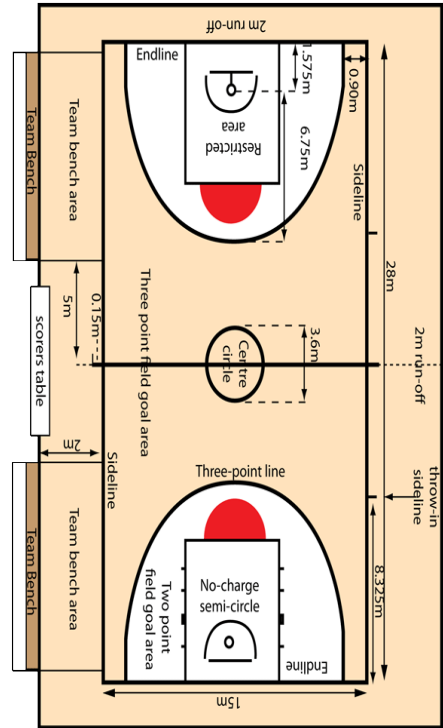
Further Reading

KS3 BBC Bite-size – Physical Education

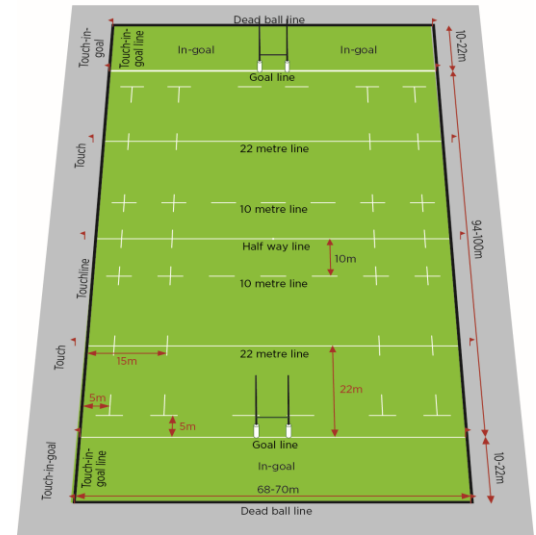


Dribbling - Dribbling allows you to move the ball around the field without losing possession. Keep the ball close to your feet at all times, when running with it. Use the inside of your foot to control the ball when moving. Don't look down when running with the ball. Keep your head up.

Passing - Non-kicking foot is closest to the ball. Kicking foot needs to be at a right angle to the ball. Body over the ball. Eyes focused upon the ball and arms are to be used for balance.



3 types of **pass** – Chest, Bounce and overhead.
Shooting – BEEF = Balance, Eyes, Elbows, Follow-through
Non-contact sport.
5 players on a court per team during a match.



Tackling – shoulder down, cheek to cheek, arms around, drive with the legs.

Passing – Passes must be lateral or made behind. It is a foul to pass the ball forward.

Tries – A try is worth 4 points in Rugby Union.

Physical
 Aerobic Endurance
 Muscular Endurance
 Strength
 Time
 Speed
 Flexibility
 Body Composition

Skill
 Balance
 Coordination
 Reaction

Agility
 Power