

YEAR 1

Locomotion – Running 1

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or we are trying to avoid a defender to score a point. The aiming of the game for the attackers is to score as many points as possible.

Defender: We are considered a 'defender' when we are not in possession of the ball or we are trying to tag an attacker. The aim of the game for the defenders is to prevent the opposition (attackers) from scoring.

Space: is an open area on the pitch that is unoccupied by a defender or the defending team. The attackers need to identify an open space to run into to avoid being tagged by a defender.

Speed: Is the ability to move all or part of the body as quickly as possible. Speed is a vital component to being successful when running.

Acceleration: is how quickly an athlete can increase their speed over a distance when running.

Tagging or Tag: is the method applied by the defending team to stop an attacker from moving.

Gymnastics – Wide, Narrow, Curled

Wide: This means moving or balancing in ways where the body is extended (arms and legs) horizontally away from the centre of the body. For example a star jump is a wide movement.

Narrow: This means moving or balancing in ways where the body stretches (arms and legs) vertically away from the centre of the body. For example, a pencil jump is a narrow way of moving.

Curled: This means to move or balance rolling our body up tightly. A forward roll is an example of moving in a curled way.

Transition: The term transition means to move into and out of basic movements, actions or balances.

Linking: This means successfully adding two movements together so that they flow one after the other.

Ball Skills – Hands 1

Possession: is when we have physical control of the ball. This could be as an individual or when working as part of a team. It is when we have 'possession' that we can create the opportunity to score.

Attacker: we are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. Our aim is to keep the ball away from the defenders.

Control: means keeping the ball close to us when we are dribbling, preventing the defenders from gaining possession.

Space: is an open area on the pitch that is unoccupied by another player. The attacker in possession of the ball needs to identify open spaces to move into keeping control.

Dribbling: is a method of moving with the ball. The attacker in possession of the ball continuously bounces the ball on the floor in order to move around the court

Accuracy: is the ability to control where we roll, bounce or push a ball.

Power: is the intensity and speed that a ball is rolled, bounced or pushed.

Dance

Beat: the beat is the basic unit of time used to count the notes of the music or sound that a dancer is moving to. Dancers usually move on the beat (counts 1, 2, 3, 4).

Moving: means using a variety of body parts to move around the space in a creative way.

Control: means moving our bodies in time with the music, beat or sound.

Rhythm: is a repeated pattern of movements or sounds.

Timing: in dance, timing refers to moving to the beat of the music.

Sequence: this is a combination of controlled movements that have been added together in a particular order.

Opposite: refers to when something is totally different from or the reverse of something else. For example, the opposite to slow is fast.

Ball Skills – Feet 1

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. Our aim is to keep the ball away from the defenders.

Defender: We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to try and prevent the attackers from scoring.

Space: is an open area on the pitch that is unoccupied by a defender or the defending team. The attacker in possession of the ball need to identify open spaces to move into to keep the ball away from the defenders.

Dribbling: is a method of moving with the ball. The attacker in possession of the ball continuously kicks the ball, keeping it close to them in order to move around the pitch.

Passing: is a method of sending (kicking) the ball to our partner or another member of our team in order to keep possession of the ball.

Control: means keeping the ball close to us, preventing the defenders from gaining possession.

Gymnastics – Body Parts

Wide: this means moving or balancing in ways where the body is extended (arms and legs) horizontally away from the centre of the body. For example a star jump is a wide movement.

Narrow: this means moving or balancing in ways where the body stretching (arms and legs) vertically away from the centre of the body. For example, a pencil jump is a narrow way of moving.

Curled: this means to move or balance rolling our body up tightly. A forward roll is an example of moving in a curled way.

Big: this means moving or balancing in ways where the body is extended as large as possible.

Small: this means moving or balancing in ways where the body is made as small as possible.

Interesting: this means pupils are thinking and being creative.

Linking: this means successfully adding two movements together so that they flow one after the other.

Team Building

Teamwork: Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

Inclusion: Inclusion means to include everyone in the activity or within a team no matter their ability. No one should be left out.

Communication: Is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.

Cooperation: Cooperate is another word used to define teamwork, meaning to work together to achieve a goal or complete a task in the most effective way possible.

Trust: Is the ability to have the confidence to believe in the actions of your partner or team.

Team Member: A team member is an individual within a team who has a specific role and responsibility to perform. Team members need to cooperate and work together to enable their team achieve its goal.

Fairness: Fairness: is when we make judgements in accordance with the rules and treat everyone equally and fairly.

Health and Wellbeing

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. We are also an attacker when we are trying to avoid being caught by a defender.

Defender: We are considered a 'defender' when we are not in possession of the ball or we are trying to catch an attacker.

Agility: is the body's ability to move quickly and easily in different directions.

Balance: Is the even distribution of weight enabling someone or something to remain upright and steady. **Coordination:** Is the ability to use different parts of the body together efficiently.

Hand-eye coordination: is the ability to use our hands and eyes at the same time to perform and accomplish a given task, such as catching a ball.

Throwing: means using your arm/hand to propel a ball with force through the air to a specific target or area.

Aiming: means how we use our bodies to direct a ball or an object to a specific target.

Locomotion – Jumping 1

Jumping: is a form of moving where we use our body to propel ourselves off a surface and into the air.

Distance: is defined as the length of space between two points. This might mean how far an athlete has jumped.

Space: is an open area within the playing area that is unoccupied by a defender or the defending team. When jumping we need to identify open spaces to jump into to avoid other pupils.

Attacker: We are considered an 'attacker' when we are trying to move into space to avoid being caught by a defender. **Defender:** We are considered a 'defender' when we are trying to catch an attacker

Skipping: is a combination of a long step and a hop, stepping from one foot to the other with a hop or bounce.

Landing: Is how we use our bodies to land after we have left a surface and jumped into the air. When landing we should land on two feet, bending our knees to absorb the impact.

Games for Understanding

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or we are trying to avoid a defender to score a point. The aiming of the game for the attackers is to score as many points as possible.

Defender: We are considered a 'defender' when we are not in possession of the ball or we are trying to tag an attacker. The aim of the game for the defenders is to prevent the opposition (attackers) from scoring.

Space: is an open area on the pitch that is unoccupied by a defender or the defending team. The attackers need to identify an open space to run into to avoid being tagged by a defender.

Rules: are a set of regulations or principles that govern a particular activity that ensures that the activity is played fairly and safely.

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Team: A team is a group of people who work together with the objective of achieving the same a goal.

Ball Skills – Hands 2

Batter: Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many rounders as possible.

Fielder: A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to prevent the batter from scoring.

Opponent: means a player on the other team.

Aiming: is the ability to use our bodies to direct an object towards a target. **Accuracy:** is the ability to control where we throw or roll and object.

Throwing: means using your arm/hand to propel a ball with force through the air to a specific target or area.

Catching: means holding the with our hands that is hit or thrown to us usually before it touches the ground.

Rolling: is a method of sending the ball along the floor. A ball can be rolled using our hands towards a target or our partner.