

KS2  
YEAR 3, 4, 5 & 6

# Physical Education

## ATTACK AND DEFENCE



### WHAT SHOULD I ALREADY KNOW?

I know how to...

- Use and understand the terms attacking and defending.
- Use simple defending skills such as marking a player or defending a space.
- Use simple attacking skills such as dodging to get past a defender.

### VOCABULARY

Feigning	The fake dodge or 'feigning' involves stepping or leaning one way but actually going the other way to try and deceive your opponent.
Strategy	An approach to take or a tactic that a team will use and decide on.
Shadowing	A defensive skills used in sports such as netball involving shadowing your opponents moves using small, fast steps.
Pivoting	You are not allowed to travel with the ball in netball but players can rotate on one foot in order to get into a different position.
Straight Dribble	A way of dribbling with the ball in hockey. The most common type of dribbling used in hockey and allows you to keep control of the ball easily.

### STICKY KNOWLEDGE

When shooting in Netball, place the ball on the fingertips, using the non-shooting hand to steady the ball, bend your knees and elbows, lifting the ball up to the net.

Perform a block tackle in hockey - put your stick flat on the ground, put your body in a lunge position and push forwards with the ball.

### WEAVING CONCEPTS



### AMAZING ATHLETES

LEBRON JAMES



LeBron Raymone James Sr. is an American professional basketball player for the Los Angeles Lakers of the National Basketball Association. Nicknamed "King James", he is widely considered one of the greatest players in NBA history and is frequently compared to [Michael Jordan](#) in debates over the greatest basketball player ever.

[https://www.nba.com/player/2544/lebron\\_james](https://www.nba.com/player/2544/lebron_james)

