
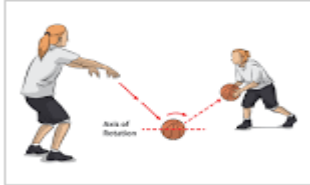






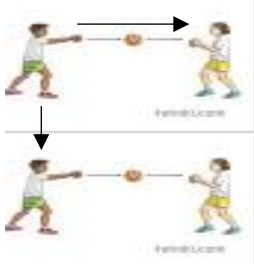


# Year 6 PE Term 5 Knowledge Organiser- Invasion Games

Key Moves		
<p><b>Chest pass</b></p> 	<p><b>Bounce pass</b></p> 	<p><b>Shoulder pass</b></p> 
<p><b>Shoot</b></p> 	<p><b>Defend</b></p> 	<p><b>Tactics</b></p> 
<p><b>Overhead pass</b></p> 	<p><b>Dribble and double dribble (travel)</b></p> 	<p><b>Pass and move to attack</b></p> 

## Key Vocabulary

**Warm Up**

Increases temperature and increasing heart rate, which increases blood flow, and breathing rate to prepare you for exercise.

**Cool Down**

Decreases the heart rate and breathing rate, relaxes the muscles, and helps them to repair.

**Position**

A place where you are stood ready.

**Possession**

You have the object/ball

**Co-operation**

Working together in groups

**Progress**



## Year 6 PE Term 5 Knowledge Organiser- Invasion Games

### Sender and Receiver

Sender passes the ball to the receiver who catches the ball.

### Invasion/ invade

Take the opponent's area while scoring points.

