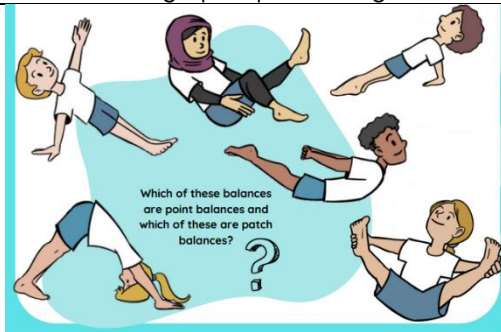


Gymnastics

Gymnastics is made up of a range of movement skills including balances, jumps rolls and shapes. Gymnastics was one of the first Olympic sports and is still an Olympic sport today.



Tag Rugby

Tag rugby is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

Tagging:

- Players wear two tags, one on each side.
- Players cannot physically push off a defender when they are attempting to go for a tag and cannot spin around, guard or shield tags in any way.
- When tagging, hold up the tag and shout 'tag...' followed by the number tag it is e.g. 'tag two' then give the tag back. The attacker has 3 seconds to pass then must place the tag back on their belt before re-joining the game. If the defending team make three tags in one attacking play, they gain possession. A player cannot be tagged when taking a free pass.



Football

Football is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.



- Physical fouls include pushing, tripping, pulling, overly aggressive play.
- You cannot touch the ball with your hands.
- If either of these rules are broken, a free kick is awarded to the other team. All players must be five big steps away from the person taking the free kick.
- If a ball goes out of play on a side line, a throw in is taken by the team who did not have last contact with the ball.
- A corner is taken if the ball goes out of play on a goal line and is kicked out by the defending team.
- A goal kick is taken if the ball goes out of play on a goal line and is kicked out by the attacking team.

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals.

Key Vocabulary

Accelerate	Speed up
Communicate	Share information
Control	Being able to perform a skill with good technique
Decision	Select an outcome
Invasion	A game of two teams who invade each others space to score goals
Option	Possible choices
Possession	To have
Delay	To slow an object or player
Dodge	Change direction quickly, often used to lose a defender or avoid being caught
Forward pass	When the ball is passed in the direction of a team's try line
Gain	Get possession of the ball
Offside	When a tag is made, all defending players must get into an onside position. Onside is in front of the ball carrier, offside is behind the ball carrier.
Onside	When the defender is in front of the ball carrier
Body tension	Squeezing muscles to help to be stable when performing actions
Contrast	Different to one another
Control	Being able to perform a skill with good technique
Direction	Forwards, backwards, sideways
Patch	A large body part
Point	A small body part
Take off	The moment a person begins a jump

Extended learning opportunity

This unit will develop the following skills:

Social: co-operation, respect, communication

Emotional: honesty, independence, perseverance determination

Thinking: decision making, comprehension, use tactics, select and apply.