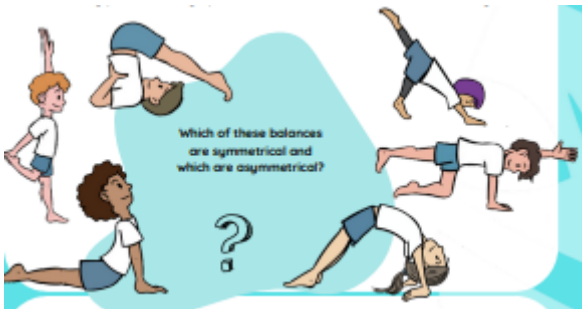


Gymnastics

Gymnastics began in ancient Greece as a way to exercise and develop physical strength. The Ancient Greeks practiced gymnastics as a way to prepare for war. In 1896, the first modern Olympics took place in Athens, Greece. Gymnastics was a key part of the Olympic events and traditions and still is to this day.



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.

Key Vocabulary

Assess	Make a judgement of the situation
Close down	To reduce the amount of space for an opponent
Draw	Encourage movement of an opponent
Possession	To have
Maintain	To keep
Sportsmanship	Play fairly, respect others and be gracious
Tactics	A plan to help you attack or defend
Abide	Act in accordance with the rules
Ball carrier	Person in possession
Consecutive	In a row
Create	To make space
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
Cannon	When performers complete the same action on after another
Extension	Moving a body part outwards or straight
Inverted	Where hips go above head
Symmetrical	Two parts that match exactly
Asymmetrical	When two parts do not match exactly
Synchronisation	Moving at the same time

Extended learning opportunity

This unit will develop the following skills:

Social: work safely, support others, collaboration

Emotional: confidence, perseverance, resilience, determination

Thinking: observe and provide feedback, creativity, reflection, evaluate and improve