

### What should I already know?

- How to describe how my body feels when I am exercising.
- Recognise what I am good at and come up with ideas of how I can improve.

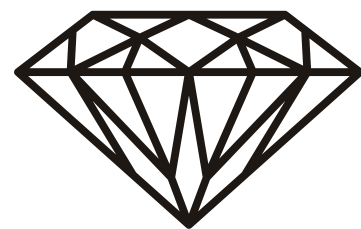
### Gems of Knowledge

#### Procedural knowledge -

- Work as part of a team and support your team mates.
- Apply movement skills from past topics into a competitive situation.

#### Declarative Knowledge -

- Consider how you might stop the other team from gaining control (defend).
- Making quick decisions and acting fast to stay in control (attack).



- **FOCUS -**  
Enjoy competing with others!

### Vocabulary

<p><b><u>Compete -</u></b> Playing against others to win.</p>		<p><b><u>Attack-</u></b> Be proactive in preventing your opponents from taking control.</p>	
<p><b><u>Communicate</u></b> - Talk with your team mates, so you can react to their actions.</p>		<p><b><u>Defend -</u></b> React to you opponents in order to stay in control and dominate the game.</p>	
<p><b><u>Support -</u></b> Think about how you can help your team mates in order to gain control.</p>		<p><b><u>Reflect -</u></b> Were your actions successful in supporting your team? What could you do to improve?</p>	

### Team Players!

