


<p><b>Prior Knowledge &amp; Skills</b></p> <p><u>Year 3:</u></p> <p>Follow a set of rules and engage in 'fair play'</p> <p>Begin to demonstrate good sportsmanship.</p> <p>Copy tactics to attack or defend effectively.</p>	<p><b>Goalball</b></p> <p>Goalball is an exciting Paralympic, indoor, 3-aside team sport. All participants have to wear a blindfold to make it fair. The ball contains internal bells so players are able to track its movement by its sound, whilst the court is marked out with tactile lines so players can feel where they are. You score goals by bowling the ball along the floor, past the opposing team.</p>		<p><b>Famous Sportsperson— Jen Armbruster</b></p> <p>Jen Armbruster is an American goalball player. She began to lose her vision at the age of 14, but continued playing basketball until the point where she was declared legally blind. She wanted to join the military but couldn't after losing her sight, so instead began playing goalball. She has won four medals at the Paralympic Games, including a gold medal in 2008.</p>
<p><b>Key Knowledge &amp; Skills</b></p> <p><u>Year 4:</u></p> <p>Throw with accuracy to hit a target</p> <p>Follow rules competitively, but fairly and appropriately.</p> <p>Demonstrate good sportsmanship.</p> <p>Choose effective tactics to attack or defend.</p> <p><u>Year 5:</u></p> <p>Throw with greater control, accuracy and efficiency</p> <p>Choose different tactics to attack or defend accurately.</p> <p>Follow a set of advanced rules.</p> <p>Encourage good sportsmanship in others.</p>	<p><b>Key Vocabulary</b></p>		
	<p><b>Word</b></p> <p>Eyeshade</p>	<p><b>Definition</b></p> <p>A covering worn over your eyes to make sure you cannot see anything.</p>	
	<p><b>Landing Zone</b></p>	<p>The payer's own half of the pitch. The ball must land in this zone before moving to the other team's part of the court.</p>	
	<p><b>Neutral Zone</b></p>	<p>The area between each team's landing zone. It is not occupied by either team.</p>	
	<p><b>Goal line</b></p>	<p>The line which the ball must pass for a point to be scored.</p>	
<p><b>Sitting Volleyball</b></p>	<p>Another disability sport. It has similar rules to volleyball, apart from the fact that all players must remain seated for the entire game.</p>	<p><b>Local clubs and competitions</b></p> <p><u>Norfolk and Norwich Goalball Team</u> are one of the local goalball teams, and train in Norwich. To find out more contact <a href="mailto:john.milligan@norfolk.gov.uk">john.milligan@norfolk.gov.uk</a></p>	
<p><b>Table Cricket</b></p>	<p>Another disability sport. It is usually played on a table tennis table. Side panels and sliding fielders are placed around the table to create the pitch, a ramp is used to bowl, and a wooden bat enables players to score runs, like a game of cricket.</p>	<p><b>Future Learning—Year 6 Invasion Games</b></p> <p>Staying in control, change speed, height or direction to maintain advantage.</p> <p>Adopt tactics to create space and exploit space individually and as part of teams.</p> <p>Use a variety of tactics to keep possession and progress towards eg. a goal.</p> <p>Use a range of tactics as part of a team to gain an advantage.</p> <p>Devise own tactics to attack or defend effectively.</p>	