

Concept: Attacking and Defending in Invasion Games

The big picture: Invasion games are team games in which we try to invade the other team's space. There are normally two teams, two goals and the idea is to outscore the opposition. In Year 7 we learn the basic skills of sending, receiving and dribbling a ball. We also begin to understand the concept of attacking, defending. We learn the basic rules of a number of different invasion games as well as the importance of showing respect and kindness towards our teammates and opponents. **Key Concepts How do we attack?** (keep possession, create space, score). **How do we defend?** (regain possession, deny space, stop scoring). **The value of PE for Life and Physical Health.**



Physical Literacy – Motor Competence

Motor Skill		Definition	How do I do this?
Dribbling		To move with the ball, keeping it in your possession.	Keep the ball close to you using soft touches. Push the ball slightly ahead of you when you are dribbling at speed.
Passing		To give the ball to another member of your team.	Look where teammates are before passing. Check carefully for opposition players. Pass away from defenders to keep possession.
Finding Space		To find a space away from other players.	Look at where team-mates and opposition players are. Move into a space away from them. Call to teammates when you are free.
Tackling + Intercepting		To win the ball back from an opponent	Press the person on the ball and either take them or the ball. Anticipate where the ball is going to be played and get in its way.
Dodging		To avoid the opposition using movement.	Bend low when changing direction Turn your body to face a new direction. Accelerate into space after changing direction.
Marking		To stay close to an opposition player.	Stand sideways so that you can see both the attacker and the ball. Stay close to the attacker, following movements.

Life Skills

<p>Cooperation Working together and helping others so that they can succeed.</p>		<p>Communication Giving and receiving information from teammates, through speaking, listening and body language.</p>
<p>Active listening It's a simple way of showing that you understand and have listened to what's being said. Face the speaker, maintain eye contact, stay focused, ask relevant questions.</p>		<p>Teamwork Teamwork is essential to playing an invasion game as it requires the effort of every member on the team, working together to reach a common <u>goal</u>.</p>

Physical Literacy – Knowledge of rules, strategies and tactics

<p>Key Rules Netball - You cannot travel with the ball or hit the ball out of a player's hands. You must stand 3 feet away from the person you are defending. You cannot hold the ball for more than 3 seconds. You score by getting the ball into the opponent's net. Hockey - Players can only hit the ball with the flat side of their stick and apart from the goalkeeper you are not allowed to use your feet, or any other parts of the body, to control the ball. You can only score a goal from inside the 'D'. Shin pads are compulsory. Football- players can use any part of their bodies apart from their arms/hands to control the ball. Shin pads must be worn. If the ball touches or crosses the side-line, it is a throw-in. The GK can only handle the ball in their box. The aim is to score in the opponent's goal. Rugby -The aim is to get the ball over the opponent's line and force it to the ground to score. Players may only pass backwards. Players can carry the ball and run with it in any direction. Players can tackle opposition players to the ground.</p>	<p>Strategies common to all invasion games Winning and keeping possession of the ball. Creating space and moving into space to receive passes. Creating scoring opportunities. Prevent the opposition from scoring by denying space +applying pressure to win the ball back.</p>
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Health and Wellbeing

Being active is important for **physical health and wellbeing**. **Health** is a state of complete physical, mental and social well-being. **Fitness** is the ability to fulfil a particular physical task. **Invasion games promote many different areas of fitness that keep us healthy**. **Skill Related components of fitness** include **balance, agility, reaction time and coordination**. **Coordination** is the ability of parts of the body to work together to move smoothly, like when you jump and catch. **Balance** enables us to remain upright and steady and not be pushed off the ball. **Agility** is the ability to move quickly and change direction, this can be important when dodging to get free. **Reaction time** is how long it takes us to react to a stimulus, like a pass. **These areas of fitness are also needed in everyday life.**