

Invasion Games Skills 1

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In this unit children learn how to send and receive and how to bounce, dribble dodge and evade.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Get into a good ready position to receive chest and bounce passes consistently well. Pass the ball from my chest using a bounce pass.	Change direction confidently and competently Move around safely in a limited space	Change direction confidently and competently Move around safely in a limited space	Bounce / dribble a ball with my hands with good control. Move around safely whilst bouncing/dribbling.	Push pass a hockey ball. Receive a hockey ball	Dribble a ball with my feet with good control. Stop a ball on the run by trapping it
KNOWLEDGE I know.....	How far to bounce a pass between me and a friend. How to receive a bounce pass differently to a chest pass.	How to move around and be aware of others.	How to move around and be aware of others. That being able to dodge off both feet makes me twice as hard to catch.	That a bounce in a push down with 2 hands and dribbling is with one hand. To use my fingers to push the ball down	That my hands need to 'give' and be 'soft' when receiving a hockey pass. To move into space after passing a ball	To use 'big toe, little toe' to dribble keeping the ball close to me. How to trap a ball by moving in line with it and putting my foot on it
ASSESSMENT I can...	Understand some principles of attacking and defending	Manage my feelings and behaviour well	Apply attacking and defending skills within activities which require them	Understand some principles of attacking and defending	Manage my feelings and behaviour well	Apply attacking and defending skills within activities which require them

Invasion Games Skills 2

Invasion Games Skills 2



This unit explores some strategies of attack and defence like using the width of the pitch when attacking and closing the space down quickly when defending

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	I can throw over-arm for my partner to catch after one bounce. Catch a ball consistently after one bounce.	Catch a ball consistently on the full To move my opponent around court when playing against them	Track an opponent Intercept a pass	Dodge to beat an opponent. Close the space down that attackers have to work in	Pass the ball consistently with control. Retain possession of the ball.	Compete with some spatial awareness in team games Pass and move decisively
KNOWLEDGE I know.....	How far to throw the ball in relation to where I am standing and my partner is. To stand in a position of readiness to receive the ball on the 1st bounce.	To track the flight of the ball right into my hands. To stay light on my feet and be prepared to move quickly	To turn my body so I can see my opponent and the ball when defending	To close the space down quickly when defending To attack at speed	To keep my body between the ball and my opponent to shield it. How to deceive defenders by using dummy passes or 'giving the eyes'	To think ahead when not in possession. To work hard in attack and defence for the good of the team
ASSESSMENT I can...	Understand some principles of attacking and defending	Manage my feelings and behaviour well	Apply attacking and defending skills within activities which require them	Understand some principles of attacking and defending	Manage my feelings and behaviour well	Apply attacking and defending skills within activities which require them