

Invasion Games Unit 1 (QCA Unit 10) – Year 3

Essential information about this unit :
 In this unit, children learn to outwit their opponents and score. They develop skills that help them find and use space to keep the ball. They play with the same basic court set up and rules, but use a range of equipment and skills, including throwing, catching, kicking and striking skills. In all games children must think about how to use the skills, strategies and tactics to outwit the opposition. They must enter the opponent's territory with the 'Ball' and try to get into good positions for shooting or reaching the 'Goal'.

Warm Up	1. Reduce likelihood of injury 2. Improve body's efficiency 3. Mental preparation
Cool Down	1. Gradually decrease heart rate to resting levels 2. Reduce lactic acid build up. 3. Static/dynamic stretches to major muscles

	<u>Learning Objective</u> **W.A.L.T	<u>Getting started</u>	<u>Outcomes</u> *W.I.L.F
Week One	<ul style="list-style-type: none"> To introduce and improve catching skills. To work co-operatively in small groups. 	<p>Skill Development Work in groups of three passing a medium sized ball around the group (chest pass). Increase speed. Introduce the bounce pass around the triangle. Introduce timed passing with a signal to change direction. Introduce passing on the move drills.</p> <p>Game Activity Work in small grid playing 'Piggy in the middle' passes may be rolls, bounces or chest passes. Work on moving into space. Rotate positions. Progress to 'Exchange Ball'</p>	<ul style="list-style-type: none"> To understand different passing techniques and begin to demonstrate control.
Week Two	<ul style="list-style-type: none"> To recognise how a game can be improved. Passing and catching on the move. 	<p>Skill Development Working in pairs. 'A' rolls the ball to 'B'. Pick the ball up and throw it back as quickly as possible. Move on to throwing it back over arm (teaching points) Continue drill but rolling to the side to encourage movement to collect the ball. Throw and catch into space.</p> <p>Game Activity Play a game of sequence passing in groups of four. Start standing still progressing to a jog. Progress game to include a kick to pass.</p>	<ul style="list-style-type: none"> An understanding on how to control and pick up a ball. An understanding on how to receive a ball through a sequenced pattern.
Week Three	<ul style="list-style-type: none"> To understand the need for communication 	<p>Skill Development Working in pairs practice chest and two handed overhead pass. Introduce throwing to the side to make partner move to catch the ball. Progress to receive signalling for which side ball is to be thrown.</p> <p>Game Activity Use signal sequencing based games. To progress the children should increase their speed of movement before signalling to receive the pass. Further progression would be kicking with the same signalling and/or on the run.</p>	<ul style="list-style-type: none"> Children will be able to signal for the ball and receive in sequential order

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Week Four	To develop communications skills while passing and moving into space.	Skill Development Recap skills learnt in previous session. Use a learnt passing skill to develop the use of movement before receiving. Use timed/counted passing games. Game Activity Small sided teams working in a defined area use various pass types to keep possession of the ball. Use restriction such as every player in the team must touch the ball to score a point. Develop movement awareness, ensure signalling is used.	Children will be able to pass and receive on the move, and signal for the ball to retain possession, and show progression down the pitch/court.
Week Five	To pass and move to retain possession using activities which give a numerical advantage	Skill Development Introduce kicking using a range of different sized balls. Work on passing accurately between pairs. Progression will include passing to a partner in space. Introduce ball control by using dribbling drills. Game activity Use games like “Partner Target Ball” to develop passing accurately and movement into space. Play small sided team games, working in a defined area using targets/goals. Ensure children use space to create advantage.	Children will be able to explain why their team succeeded in these activities.
Week Six	To use co-operative and competitive games to further develop formation skills (e.g. 2v1, 3v1, 3v2, 3v3) and tactics	Skill Development Recap all passing skills previously learnt using different targets. Game Activity Using small sided games encourage the children to articulate how they could “score” or get into a better position by creating a numerical advantage.	Children will be able to participate with confidence in small sided games.

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