

Invasion Games Unit 2 (QCA Unit 11) – Year 4

Essential information about this unit :

In this unit, children learn simple attacking and defending techniques and tactics using a range of equipment and skills. Using small sided uneven and even sided games. In all games children will learn how to apply tactics and teamwork to achieve outcome. And how playing games will improve health and fitness.

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 develop the range of passing skills and consistency of their skills in the games played 	<p>Skill Development Catch & throw different shape, size and type of ball using different throwing techniques. Using a medium/large ball teach how to bounce the ball first with the strong hand then the weak. Progression includes introducing movement in an defined area.</p> <p>Game Activity Team Passing Possession type game. 3 attacker v 3 defenders. The objective is to keep possession. Teaching points – How to defend and attack. Progression includes a number of bounces of the ball before</p>	<ul style="list-style-type: none"> Children will be able to use a range of techniques to pass and travel with ball (e.g. travel by carrying, bouncing, dribbling etc)
Week Two	<ul style="list-style-type: none"> To develop the range of interception and/or tackling skills and consistency of their skills in the games played 	<p>Skill Development In minimum groups of 3. Use pass and move continual practice drills, covering different passing techniques. Progression to include interception/tackle skills.</p> <p>Game Activity Use "Bench Ball" type game to develop the use of space, signalling for the ball and accurate passing. Progression could include applying conditions to the game to simplify or make harder the activity.</p>	<ul style="list-style-type: none"> Children will be able to use a range of tactics to keep possession of the ball and get into position to shoot or score.
Week Three	<ul style="list-style-type: none"> To understand, use and adapt simple tactics. 	<p>Skill Development Encourage the children to think of ways a player can beat his opponent. Use dodge type games to introduce the skill. Once the dodge skill has been understood the progression is to develop receiving while on the run. This must use moving into space and signalling before ball is passed. Passer must pass in front of the player signalling, to enable the other player to run on to the ball.</p> <p>Game Activity Use Hoop Ball type game to develop movement down the pitch/court, using a series of passes, ensuring the passer is static and the receiver is moving. Use conditions to encourage skill development</p>	<ul style="list-style-type: none"> Children will be able to understand how to dodge, mark, signal for the ball and intercept.

**"What are we learning today"

*"What I am looking for"

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Week Four	<ul style="list-style-type: none"> To develop the range of attacking and defending skills and consistency of their skills in the games played 	<p>Skill Development Use a shielding drill to introduce defending and attacking roles. Progression to 2 v2 "keep ball" type activity, through to games like 4v4 "Beat The Ball". In all drills accuracy in passing and communication skills are key.</p> <p>Game Activity Playing "Double Attack" type games – Each team has two goals. Players are not allowed to run with the ball. The object is to use the space to progress up the playing area and score in one of the goal. To make easier more goals can be added or less players per side. To increase the difficulty make the playing area</p>	<ul style="list-style-type: none"> Children will be able to recognise aspects that will need improving.
Week Five	<ul style="list-style-type: none"> To play to the rules To keep possession of the ball as a team To understand how to score 	<p>Skill Development Using decision making drills (i.e. 3v1, 2v1, 3v2) to develop and emphasise the games strategy of possession. Within these small sided games develop spatial awareness and the ability to communicate and develop co-operative teams</p> <p>Game Activity Use games like "End Ball" to bring together the skills developed in the session. Ensure all players undertake decision making and use space to progress the ball. Work on players to work as attackers and defenders in the same game.</p>	<ul style="list-style-type: none"> Children will be able to play within the rules. Children will be able understand the need to both defend and attack.
Week Six	<ul style="list-style-type: none"> To be able to watch and describe others performances, as well as their own, and suggest practices that will help them and others improve. 	<p>Skill Development Use breakaway marking drills to develop both defensive and offensive skills. Recap all skills learnt using guided discovery.</p> <p>Game Activity Play full sized game incorporating all the skills developed over the previous 5 sessions. Key skills to be encouraged include defensive and attacking play</p>	<ul style="list-style-type: none"> Children will be able to play confidently in small sided invasion games using various formations.

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