

## Invasion Games Unit 3 (QCA Unit 23) – Year 5

### Essential information about this unit :

In this unit children develop skilful attacking and team play. They learn how to work well as a team when attacking, and explore a range of ways to defend. In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition. In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal'.

<b>Warm Up:</b>	1. Reduce likelihood of injury 2. Improve body's efficiency 3. Mental preparation
<b>Cool Down:</b>	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
<b>Week One</b>	<ul style="list-style-type: none"> <li>To develop new skills relevant to specific invasion games</li> </ul>	<p><b>Skill Development</b> Work individually with a ball - dribbling. Introduce stopping and starting incorporating a change of direction. Progression to include traffic light type drills to encourage keeping the head up, stopping with the ball, walking and dribbling, and moving faster/running with the ball.</p> <p><b>Game Activity</b> Using 1v1 drills to encourage attack v defence scenarios. The attacker to use stopping and starting, change of pace to beat the opponent. The defender to "niggle" the attacker.</p>	<ul style="list-style-type: none"> <li>Children will be able to choose and use skills which meet the specific needs of the invasion games (e.g. passing by kicking, striking, and throwing, receiving, dribbling and shooting).</li> </ul>
<b>Week Two</b>	<ul style="list-style-type: none"> <li>To develop new skills relevant to specific invasion games</li> </ul>	<p><b>Skill Development</b> Recap skills learnt in previous session. Use dribbling and passing drills to develop the pupil's ability to move with the ball under control. Progression to include working in 2's or 3's and special awareness activities.</p> <p><b>Game Activity</b> Using 2v1 drills to develop attacking skills. The attackers work together to score a "goal" after progressing down the court/pitch. Work with the defender to encourage strategies to stop the attackers</p>	<ul style="list-style-type: none"> <li>Children will be able to demonstrate a range of skills using hands, feet or implement for passing and receiving; dribble the ball in a controlled manner whilst moving.</li> </ul>
<b>Week Three</b>	<ul style="list-style-type: none"> <li>To know and apply basic tactics and strategies for attacking play</li> </ul>	<p><b>Skill Development</b> Recap skills learnt in previous session. Use drills to develop passing and dribbling to move down the court/pitch. Progression will be by introducing defenders to increase difficulty</p> <p><b>Game Activity</b> Play 3v3 games that encourages the use of team based tactics, to develop the understanding of attacking and defending as a team.</p>	<ul style="list-style-type: none"> <li>Children will be able to understand and show how a team can retain possession and find ways of progressing towards an opponent's goal; how to mark an opponent effectively and defend a goal</li> </ul>

\*\*"What are we learning today"

\*"What I am looking for"

## Invasion Games Unit 3 (QCA Unit 11) – Year 5

### Essential information about this unit :

In this unit children develop skilful attacking and team play. They learn how to work well as a team when attacking, and explore a range of ways to defend. In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition. In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal'.

<b>Warm Up:</b>	1. Reduce likelihood of injury 2. Improve body's efficiency 3. Mental preparation
<b>Cool Down:</b>	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
<b>Week Four</b>	<ul style="list-style-type: none"> <li>To work co-operatively with others in a team</li> </ul>	<p><b>Skill Development</b> Recap skills learnt in previous session. Using "Run To The Space" type drills develop the pupil's ability and understanding of finding space that improves their team's ability to score. Progression includes the addition of defenders</p> <p><b>Game Activity</b> Using 2 teams of 6 in a small sided grid with 2 goals/targets at each end, get the pupils to progress down the court/pitch by working as a team. Use space and movement through decision making to achieve the goal. Take it in turns to be attackers and defenders.</p>	<ul style="list-style-type: none"> <li>Children will be able to find and use space to help their team.</li> <li>Children will be able to work as a team in small sided games</li> </ul>
<b>Week Five</b>	<ul style="list-style-type: none"> <li>To observe and select information to evaluate their own and others work</li> </ul>	<p><b>Skill Development</b> Recap skills learnt in previous session. Use "dodge" passing drills to encourage wrong footing of an opponent, ensuring the attacker signals for the pass before receiving the ball. Progression will include 3v3 games that require decision making and team work.</p> <p><b>Game Activity</b> Play full sized games using coaching time outs to get the children, through guided discovery, to review strengths and weaknesses of the group/game, and suggest ideas to improve the game or performance.</p>	<ul style="list-style-type: none"> <li>Recognise their own and others' strengths and weaknesses in games and suggest ideas that will improve the performance</li> </ul>
<b>Week Six</b>	<ul style="list-style-type: none"> <li>To understand the need to prepare for games</li> </ul>	<p><b>Skill Development</b> Recap skills learnt in previous session. Using passing drills that require a change of pass/explosion in different direction develop techniques to beat an opponent. Progression will include 3v2, 4v2, 4v3 scenarios adding complexity to team play.</p> <p><b>Game Activity</b> 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"> <li>Children will be able to understand the safety needs of an activity and know what types of fitness are most important for games.</li> </ul>

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