








Spring 2- Invasion games: Year 1/ 2

Overview		Social and emotional	
<div><div><div>-Invasion games are team games in which we try to invade the other team's space.</div><div>-There are normally two teams and two goals. We try to outscore the opposition.</div><div>- We will learn the basic skills of sending, receiving and dribbling a ball. We will also understand ideas of attacking, defending and being 'in possession.'</div><div>-Invasion games include football, hockey and basketball,</div></div><div></div></div>		<div><div><u>Cooperation</u> Working together and helping others. Strong teams need each individual to cooperate with their teammates.</div><div><u>Communication</u> We need to communicate to give and receive information from our teammates. We can do this through speaking, listening and body language.</div><div><u>Supporting and Encouraging</u> This will help others to feel good and help them to perform well.</div><div><u>Respect and Kindness</u> It is important to be respectful to teammates, opponents, referees and coaches.</div><div><u>Honesty and Fair play</u> Fair play is about learning the rules of the game and putting them into practise honestly.</div><div><u>Managing Emotions</u> Whilst it is important you try your hardest, you should remember that games and sports should be fun. Be considerate to others in victory and be respectful and kind to others in defeat.</div></div> <div></div>	
Physical			
Skill	Definition	How do I do this?	
Dribbling 	To move with the ball, keeping it in your possession	<div><div>-Keep the ball close to you using soft touches.</div><div>-Push the ball slightly ahead of you when you are dribbling at speed. Avoid defenders to stay in possession.</div></div>	
Passing 	To give the ball to another member of your team	<div><div>-Look where teammates are before passing. Check carefully for opposition players.</div><div>-Pass away from defenders to keep possession. In football, use the inside of the foot to pass.</div></div>	
Finding space 	To find a space away from other players.	<div><div>-Look at where teammates and opposition players are. Move into a space away from them.</div><div>-Call to teammates when you are free.</div></div>	
Dodging	To avoid the opposition using movement.	<div><div>-Bend low when changing direction.</div><div>-Turn your body to face a new direction. Accelerate into space after changing direction.</div></div>	
Marking 	To stay close to an opposition player.	<div><div>-Stand sideways so that you can see both attacker and the ball.</div><div>-Stay close to the attacker, following movements.</div></div>	