

KS1 Physical Education – Invasion games.

Session 1 Demonstrates basic running movements.	What different ways can we use to travel?	Travelling backwards Sidestep Changing directions.
Session 2 Demonstrates dribbling around objects.	How do we maintain control of a ball whilst moving? How do we avoid other players or objects?	Keep the ball close and use small touches. Look in the direction you are travelling while keeping an eye on the ball. Dodge other players and obstacles.
Session 3 Demonstrates passing with accuracy.	What two types of pass can we use in a game to make accurate passes? Which pass is used for long/short distances?	Underarm throws for shorter distances. Overarm throws for longer distances.
Session 4 Demonstrates creating space by dodging and marking and denying space by marking an opponent.	How can we create space in a game situation? How can we deny the opposition space in a game situation? What is marking?	We create space by moving away from a defender into a free area. We can deny the opposition space by marking the opponents and moving alongside them. Marking is staying close to an opponent so that they cannot make space.
Session 5 Demonstrates attacking and defending skills in a game.	What is attacking? What is defending? What throws might we use to pass overhead in a game situation.	Attacking is helping your team to score a goal or points. The team who has the ball are the attacking team. Defending is stopping the other team from scoring a goal or points. The defending team are the team not in possession of the ball
Session 6 Application of all previous knowledge and skills in the context of an invasion game.	How did you manage to get free? What did you do to stop the attacking players from passing the ball? What could you do differently next time?	Children to give their evaluation of the lesson and any changes that they would make.

Key vocabulary

Attacking	Making a forceful attempt to score a point/goal.
Defending	Protecting a goal or target instead of attempting to score.
marking	A defensive strategy that a team uses when it pairs up one of their defenders against the other teams opponents.
overarm	A throw which is often used to make a long accurate throw.
underarm	A throw which is often used for short range and accuracy.
dodging	To avoid someone of something with a sudden sharp movement.

Progression strands

Demonstrates basic running movements and applies them in a range of physical activities
 Dribbles around objects, keeping the ball close whilst jogging
 Passes a ball to a partner with some accuracy
 Demonstrates basic throwing and catching movements and applies them in a range of physical activities
 Visually tracks an approaching ball
 Changes speed and direction in a controlled manner
 Initiates physical activity for five minutes
 Undertakes physical activity for five minutes
 Explains how to use the equipment safely
 Gives one reason why they need to warm up and cool down
 Comments on the differences in the speed of their heartbeat after exercise.