

Invasion Games medium-term plan

Year 1 & 2

Year 1 & 2				
Knowledge	Skills	Key Vocabulary	Assessment	
		Assessment areas	Year 1 expected	Year 2 expected
<p>Competent learner</p> <p>Demonstrate some understanding of simple tactics for attacking and defending. Perform fundamentals of movement (ABC's) with control and confidence. Safely negotiate space both indoors and outdoors.</p> <p>Active and healthy learner</p> <p>Recognise and describe how their body feels during and after activities Understand and explain the importance of good health, physical exercise, and healthy food Understand and explain which activities are good for our health</p> <p>Reflective learner</p> <p>Describe, explain, and comment on their own and others' actions and feelings Listen, respond to set tasks and sounds following expectations and rules Make judgements to improve their work</p> <p>Engaged learner</p> <p>Communicate, select, prepare and handle appropriate resources effectively Cooperate and with in small teams Dress and undress for PE promptly Listen to others and follow instruction</p> <p>Disciplined Learner</p> <p>Show a positive attitude towards activities and other pupils Work well with others by showing respect Stay on task throughout lessons</p>	<p>Agility Moving the body from one position to another (changing direction) Start / stop on command, maintaining balance</p> <p>Balance Centre of gravity over the base of support Counterbalancing when centre of gravity is out of position</p> <p>Co-ordination Synchronising limbs when performing an action Generating force when sending</p> <p>Locomotion Skills (ways to move) Run - forwards, backwards, sideways and diagonally Chase - closing space between the attacker and defender Avoid - increasing the space between the attacker and defender Jump - block, intercept, receive object off target / on the move</p> <p>Stabilisation skills (maintaining physical stability) Turn - looking for spaces, chasing/avoiding Twist - when sending/receiving Stretch - when blocking, intercepting, receiving</p> <p>Ball manipulation skills (ways to use an object) Send – throw/kick a ball, push an object with a hockey stick Receive – catch with hands, softly cradle with feet/stick Dribble – continuously with hand(s), using feet to move a ball, pushing an object with a stick Pick up – static or moving object Carry – run with an object in hands Bounce – bounce-catch/bounce pass Kick – kick ball into area/at a target</p> <p>Invasion Games Principles Attack – create space to get through defence and score Defend – prevent opposition from scoring by closing space and retaining possession</p>	<p>Simple tactics for attack & defend</p>	<p>Can identify the correct role based on possession and can create and close space</p>	<p>Can maintain possession, create and close space and react accordingly when possession is lost or gained</p>
		<p>Control</p>	<p>Stay within an area whilst moving, managing all body parts and object</p>	<p>Stay within an area stopping and starting on command, maintaining control of object</p>
		<p>Agility</p>	<p>Change direction quickly</p>	<p>Change direction quickly avoiding others</p>
		<p>Balance</p>	<p>Clear intent of direction when travelling, managing their weight</p>	<p>Able to adjust weight to transfer into different positions</p>
		<p>Co-ordination</p>	<p>Can use arms and legs simultaneously to send and receive</p>	<p>Can use arms and legs simultaneously to send, receive and intercept</p>
		<p>Safely negotiate space</p>	<p>Can remain in an area without colliding with others or objects</p>	<p>Consistent in finding new spaces whilst remaining in an area and controlling an object</p>
		<p>Changes to the body</p>	<p>Able to identify heart beating faster and sweating</p>	<p>Able to discuss the more exercise they do, the hotter they get and the need for more air</p>
		<p>Good health</p>	<p>Can talk about the different types of foods and the importance of choosing sensibly when eating snacks or treats</p>	<p>Can talk about different food groups and understand their nutritional value and frequency of consumption</p>
		<p>Activity types</p>	<p>Can suggest movements that increase heart rate</p>	<p>Can suggest activities that increase heart rate</p>
		<p>Actions and feelings</p>	<p>Know and show the importance of sharing with others</p>	<p>Share with others and include all involved equally</p>
		<p>Rules and expectations</p>	<p>Can follow rules given with little or no prompt</p>	<p>Can follow rules given without prompt</p>
		<p>Make judgements to improve</p>	<p>Can say what they do well, with some prompting</p>	<p>Provide a relevant example of what they can do better</p>
		<p>Handling equipment</p>	<p>Can collect and carry sensibly alone, when prompted and used for its intended purpose</p>	<p>Use for its intended purpose and can work with others to collect and carry sensibly, placing it back in its correct storage position</p>
		<p>Co-operate</p>	<p>Can work well with others, taking turns and sharing without prompt</p>	<p>Work well with others, taking turns, sharing and helping others when needed</p>
		<p>Preparing for PE</p>	<p>Can dress promptly without help</p>	<p>Can dress promptly without help and keep area tidy</p>
		<p>Listen to others</p>	<p>Allow others to speak and listen</p>	<p>Allow others to speak and listen and respond to instructions from others</p>
		<p>Positive attitude</p>	<p>Respond to instructions and do not disrupt others</p>	<p>Respond to instructions, do not disrupt others and offer support where needed</p>
		<p>Respect</p>	<p>Share and include others equally</p>	<p>Share, include others equally and support/encourage others</p>
		<p>Stay on task</p>	<p>Remain on task throughout the lesson</p>	<p>Remain on task throughout the lesson</p>
	<p>Experiences</p> <p>Multi skills-based activities with an emphasis on space A variety of activities including themes of Basketball, Netball, Handball, Football, Tag Rugby and Hockey A variety of equipment including balls, goals, and hockey sticks Working in small teams Simple competition in pairs and small teams</p>			

	with little or no intervention from AP	with no intervention from AP
Additional key vocabulary		
Space		An area which is free of others
Block		An obstacle to the normal process (e.g. stop a ball hitting the target)
Intercept		When a defending player catches the ball and gains possession for their team
Possession		The team or person with the ball
Tactics		An action planned to achieve a specific end

Year 2

Lesson number	Learning focus					Lesson focus	Useful questions for individuals / groups / whole class
	C	A	R	E	D		
1	✓		✓			Spatial Awareness Agility, Balance & Co-ordination (ABC's) Avoid and chase (Locomotion skills)	Why is it important to find space when in possession? What should defenders do if they intercept the ball? What are you currently doing well? Tell me 1 thing you could improve?
2	✓				✓	Spatial Awareness Ball manipulation skills Attack and defend principles	How would agility help an attacker? Tell me about controlling the ball? How could you support teammates in a game? What happens if the ball leaves the area in Invasion Games?
3			✓	✓		Ball manipulation skills Attack and defend Principles Stabilisation skills	Why is it important to treat all your teammates equally? Why is it important to listen to others and how could this help you? Describe how to use your equipment safely?
4		✓		✓		Attack and Defend Principles Simple tactics for attack and defend Scoring systems	Suggest movements that will raise heart rate? What else changes to your body? How can you score more points/goals? How can you stop others scoring? What does co-operate mean? As a team, how can you co-operate with each other?
5	✓	✓				Attack and Defend Activities Simple tactics for attack and defend Scoring systems	Tell me what you know about different food groups? How does co-ordination help you perform in Invasion Games? How does co-ordination help you generate more power when passing/moving?
6			✓		✓	Competition	What are the rules for this game? Why are rules important? How can you improve your performance? How would you keep an activity going if there is no adult there to help?
7	✓			✓		Competition	What are your tactics for this activity? Why is intercepting a good defensive tactic? How would you teach someone to remain balanced when moving?

Additional information

Invasion sports involve 2 teams competing against each other.

Invasion sports are played on a court or pitch.

Invasion sports involve scoring in a designated score area (net, goal, over a try line, in and end zone)

Invasion sports have substitutes which means players can be brought on and off.

Netball is an invasion sport where positions have rules for where you can and cannot go on the court.

Rugby is an invasion sport that only allows you to pass backwards.

You cannot move freely with the ball in Netball.