

Additional Resources:

Variety of equipment the children can use when devising practices e.g. hoops, markers; Learning Resource Games 31

Invasion Game 2

Lesson 13+
Year 5

Learning Objectives	Suggested Series of Activities - Zone Ball	Points to Note
<p>Pupils should learn:-</p> <p>Acquiring and Developing</p> <ul style="list-style-type: none"> ■ to refine basic skills <p>Selecting and Applying</p> <ul style="list-style-type: none"> ■ to devise challenging practices ■ to plan and use simple patterns of play <p>Evaluating and Improving</p> <ul style="list-style-type: none"> ■ to identify a focus for their own improvement ■ to recognise and describe improvements and how these affect their play <p>K and U of Fitness and Health</p> <ul style="list-style-type: none"> ■ to lead a simple warm up routine ■ to evaluate a warm up routine ■ that speed and stamina are particularly important when playing invasion games 	<p>Warm up</p> <p>Group the children in groups of 3-4; with one child leading the others</p> <p>Ask the children:</p> <ul style="list-style-type: none"> ■ To take their group through a simple warm up routine ■ How effective they thought their warm ups were 	<ul style="list-style-type: none"> ■ encourage the children to assess each element of the warm up and its thoroughness and effectiveness
	<p>Development</p> <p>Talk with the children about the importance of practising to improve their techniques.</p> <p>Ask the children:</p> <ul style="list-style-type: none"> ■ To identify the skill/s they most need to practise to improve <p>Group the children according to ability and the skills they have identified</p> <ul style="list-style-type: none"> ■ To devise a practice to help improve their chosen skill/s ■ Help them to improve (see Resource Games 31) ■ To observe each other, assess their performance and suggest how they might improve ■ To plan and practise patterns of play from starts and restarts 	<ul style="list-style-type: none"> ■ groups should be no larger than five ■ encourage the children to make the practices suitably challenging, and to add further challenges as they become more confident and skilful
	<p>Game</p> <p>Ask the children:</p> <ul style="list-style-type: none"> ■ To play 'Invade' ■ To observe another game and act as referee; to make simple judgements on what they see technically and tactically <p>How they think they have improved their own skills</p> <ul style="list-style-type: none"> ■ Has this made a difference to their level of success when playing the game; are they able to use tactics more effectively 	
	<p>Cool down and concluding activity</p> <p>Ask the children:</p> <ul style="list-style-type: none"> ■ To breathe deeply; stretching slowly on the in breath and relaxing on the out breath ■ What is fitness? <p>What elements are particularly important in invasion games?</p>	<ul style="list-style-type: none"> ■ reinforce that strength, suppleness, stamina and speed are all elements of fitness ■ stamina and speed are particularly important in invasion games