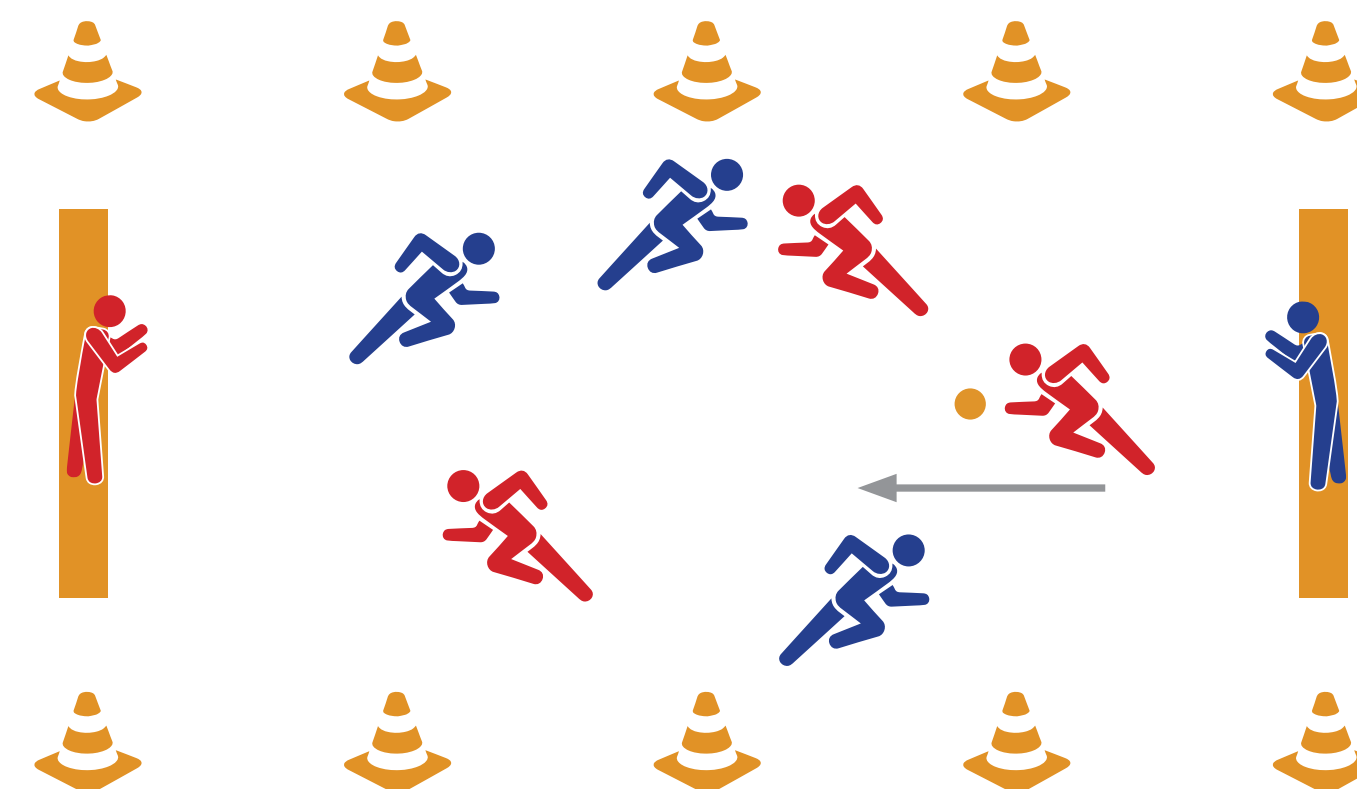


Invasion - Benchball - First/ Second level

1. Split pupils into teams of three/four, dependant on space.
2. Standard team game layout, one team versus another.
3. Each team will nominate a catcher, who will stand on the bench opposite them.
4. To score, the team must throw the ball to their catcher, who is standing on the opponent's bench.
5. The catcher must catch the ball clearly to score. If it is dropped it does not count.
6. If a team scores, the catcher will give the ball to the other team to restart the game.
7. Players cannot run with the ball when in possession of it. They can only pivot and pass.



Cognitive Skills

- > Problem Solving
- > Decision Making
- > Creativity

Physical Competencies

- > Balance & Control
- > Gross & Fine Motor Skills
- > Coordination & Fluency

Personal Qualities

- > Determination & Resilience
- > Respect & Tolerance
- > Communication

Physical Fitness

- > Speed
- > Stamina

Progressions

1. Modification of equipment. Use a smaller ball to increase passing creativity and movement.
2. Modification of rules. Players can only throw the ball to their catcher if they are within the opponents half. This will encourage passing and moving.
3. Remove bench and create an end-zone that a catcher can move freely in. Only the catcher can be in this area though.

Questions

1. How can we get the ball close to our catcher?
2. What does attacking/defending mean?
3. Where should I stand when I am attacking?
4. What should I do when I'm defending?

Equipment

- > Large ball, medium ball, small ball, hoops of all sizes (small and big)