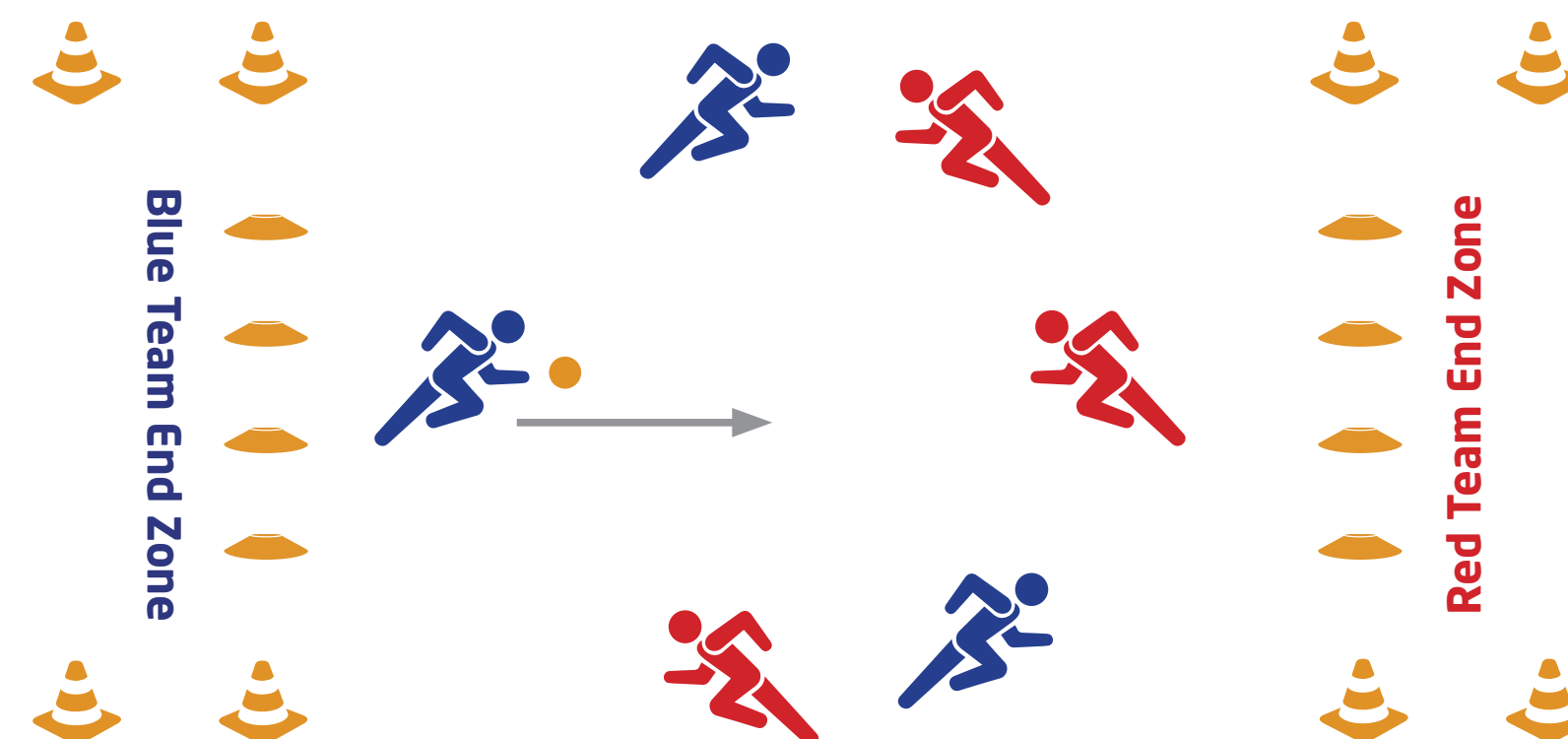


Invasion - End Zone - First/ Second level

1. Split pupils into teams of four, dependant on space.
2. Standard team game layout, one team versus another.
3. Each team will have an end zone which they will try to defend.
4. To score, a player must catch the ball (object) in the other team's end zone. This is the only way to score. All other situations would result in the possession team taking a pass-in.
5. Unlike bench ball, there is no fixed catcher, anyone can move into the end zones at any time, even when defending.
6. If the attacking team drops the ball in the end zone the score does not count and the ball goes to the other team.
7. Players cannot run with the ball when in possession of it. 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. Begin to adapt game towards final game form.

For example Rugby : Adapt through skills/rules such as running with ball, passing backwards, tackling by touch, playing onside etc.

Basketball : Players can dribble with the ball. If you have basketball hoops then remove end zone and add in hoops.

Addition of travelling and double dribble rule.

Football : Players can dribble with ball. Removal of end zone and introduction of small goals.

Questions

1. What different ways could we defend the other team?
2. What different ways can we communicate on offense?
3. What should we do when our team has possession of the object?
4. Should I always just throw the ball as high as I can?

Equipment

- > Markers, cones, bibs and soft balls.