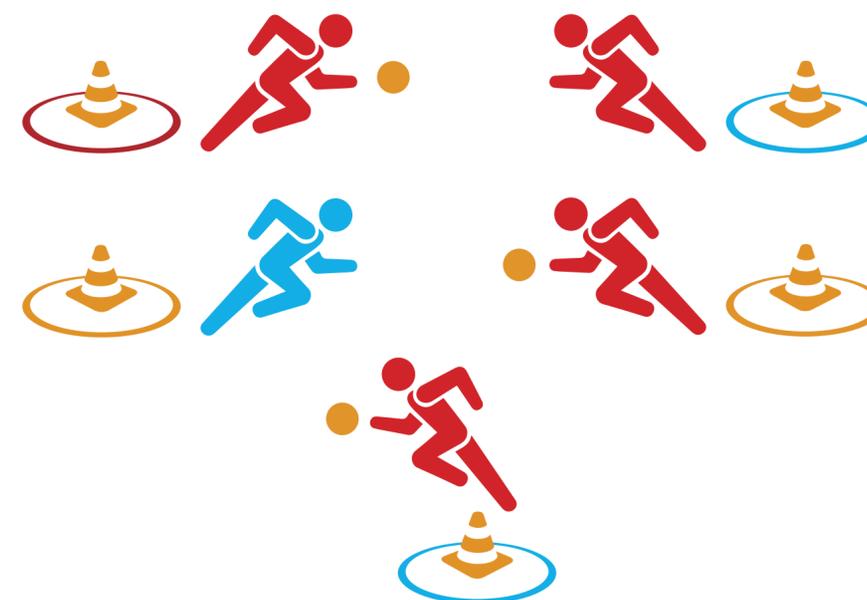


## *Invasion - Isolation - Early Level*

1. This is a mass participation game. Each player should collect a cone and hula hoop and place their cone inside their hula hoop. 8. The catcher can move along the bench but must stay on it at all times.
2. The objective of the game is to knock over other players cones using the balls placed around the chosen space.
3. If an individual knocks over a cone they gain a point. If their cone is knocked over they must place it back up as quickly as possible with no penalty.
4. Players must release the ball to knock over a cone.
5. Players can intercept and deflect balls released from other players during the game.
6. Players cannot stand inside any hula-hoop during the game.
7. The player with the most points at the end is the winner.



### Cognitive Skills

- > Problem Solving
- > Decision Making

### Physical Competencies

- > Kinesthetic Awareness
- > Gross & Fine Motor Skills

### Personal Qualities

- > Determination & Resilience
- > Respect & Tolerance

### Physical Fitness

- > Stamina
- > Speed

## *Progressions*

1. Players cannot walk or run when in possession of a ball. They can pivot or throw/roll the ball when they pick it up.
2. If a player's cone is knocked over they lose a point. This will help pupils focus on defending their cone more effectively.
3. Players can take three steps with a ball when in possession of one.

## *Questions*

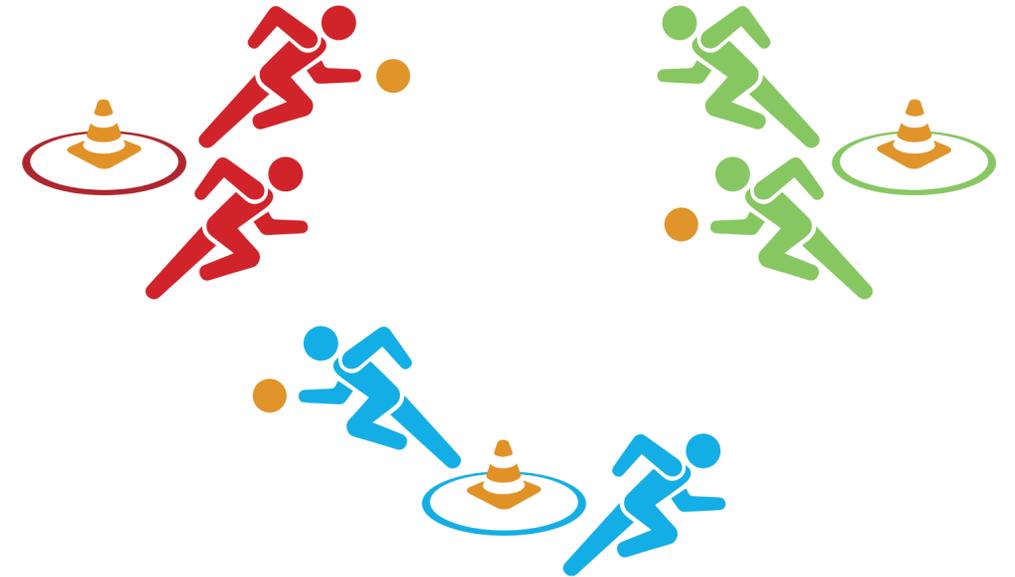
1. How many different ways can you release the ball to knock over someone's cone?
2. How can you stop someone knocking over you cone?
3. How do you know when to attack or defend?
4. What could you do once you have released the ball?

## *Equipment*

- > Cones, hoops and soft balls.

## *Invasion - Team Isolation - First Level*

1. The next progression of isolation is a partner version. Pupils can be put into pairs with each pair having their own cone and hula-hoop. Have no more than ten playing in a badminton court sized area.
2. The progressions from the last game should continue over. For example, all pupils cannot move/walk when in possession of a ball and are allowed to take three steps when in possession of the ball.
3. Partners are allowed to pass the ball between each other. Each time a player regains possession of a ball their three steps allowance restarts.
4. The same rules from Isolation still apply. Players cannot stand inside any hula-hoops, they must release the ball to knock a cone over and they can defend their cone anyway they want.
5. The team with the most points at the end of the game is the winner.



### Cognitive Skills

- > Problem Solving
- > Decision Making
- > Creativity

### Physical Competencies

- > Kinesthetic Awareness
- > Coordination & Fluency
- > Gross & Fine Motor Skills

### Personal Qualities

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

### Physical Fitness

- > Stamina
- > Speed

## *Progressions*

1. If a pair's cone is knocked over, the two players will pick up their cone and hoop and join onto the team that knocked their cone over, thus making a larger team. Players in the same team can pass a ball to each other. The team with the most players at the end is the winner.
2. Reduce the number of balls in play. This will encourage players to maintain possession and attack more effectively.

## *Questions*

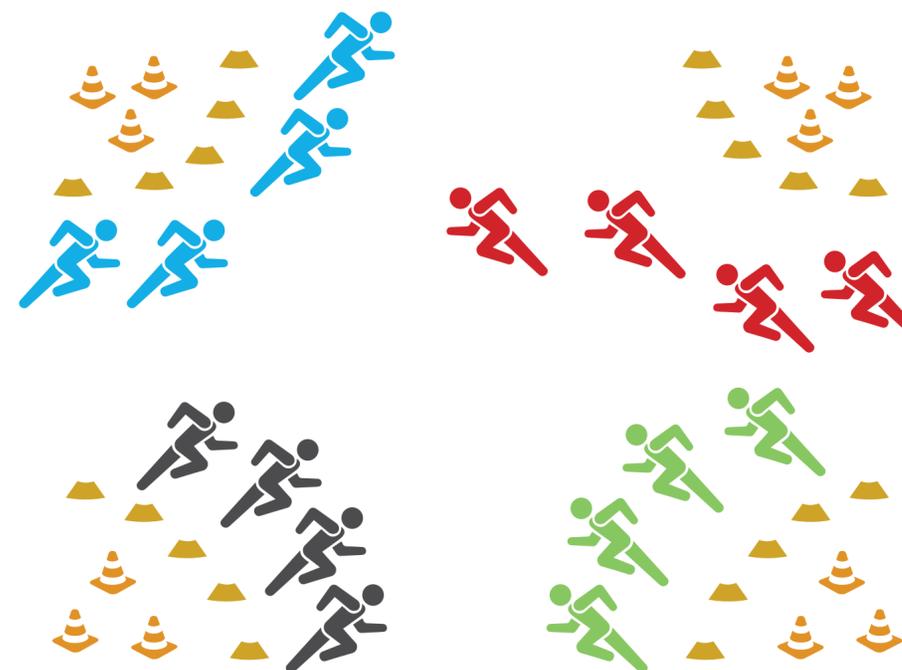
1. How can you and your partner attack a cone that is further away?
2. What skills do you need to maintain possession of a ball?
3. How can you defend your cone with your partner?

## *Equipment*

- > Cones, hoops and soft balls.

## Invasion - Multi Team Handball - Second Level

1. Split pupils into four teams of four.
2. Each team has a goal (three cones) which is placed inside a small area outlined by cones which act as the goal line.
3. Teams are trying to knock over the other teams cones by throwing/rolling a ball at them. They must release the ball.
4. The same progressions/rules still apply from earlier isolation games. (Three steps when in possession of ball.)
5. Players are allowed to enter their own team's goal area to collect/retrieve a ball for gameplay.
6. Use two balls at the beginning of the game.
7. If all cones are knocked over that team is eliminated.



### 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

- > Stamina
- > Speed

## Progressions

1. Only use one ball to emphasise the importance of possession and creating attacking opportunities.
2. Each team can select one player who is allowed to stand inside the goal line and defend the team's cones.

## Equipment

- > Cones, hoops and soft balls.

## Questions

1. What is the best way to release the object?
2. When should you focus on defending?
3. When should you look to attack?
4. What could you do once you get possession of a ball?
5. What could you do once you have released the ball?