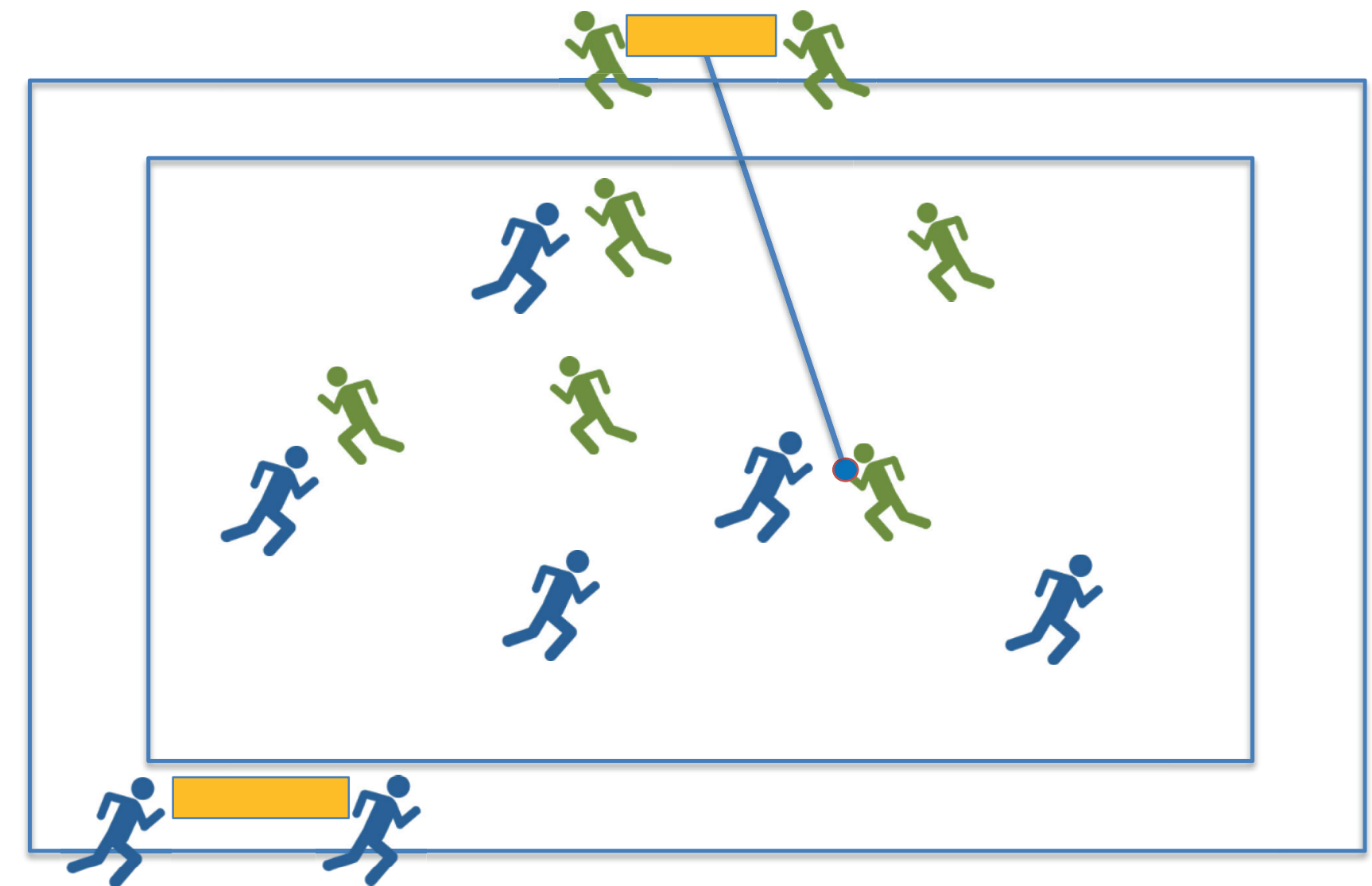


Invasion - Moving Goals - First/ Second level

1. This is a possession game. Where you can play 3v3-6v6 depending on your class numbers
2. Around the perimeter of the hall are zones where by 2 pupils will be holding a mat/ yoga mat
3. They can move round the hall with this mat held high, with one player holding each end of that mat (this acts as the goal)
4. The aim to score is to make X number of passes then score by throwing the ball and hitting the moving mat
5. The other team must defend this and block
6. This game is multi directional



Cognitive Skills

- > Decision Making
- > Problem Solving

Physical Competencies

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

Personal Qualities

- > Responsibility & Leadership
- > Communication

Physical Fitness

- > Speed
- > Stamina

Progressions

1. You can restrict the game by stopping the moving goals from moving round all 4 sides of the hall and reduce them to 1 or 2 sides they can move around the outside of the perimeter
2. If the game is too easy you can put a passing condition. Players must pass 4 or 5 times before shooting

Questions

1. How do you know where your goals are?
2. If you are blocked at one end of the pitch, where can you go?
3. How can you communicate with your teammates?

Equipment

- > 2 Yoga Mats, Bibs and a Ball (soft ball)