

Spar Lancashire School Games

Learn!

Week 5 - Invasion Games

Equipment: household objects to use as a marker (i.e. socks, paper, pegs, etc.)

Aim: To develop skills that will help in invasion games

Video Demonstration

Task 1 - To practice the skill of dodging

Dodging is a fundamental movement skill that involves quick, deceptive changes in direction and is a useful skill to develop when playing invasion games.

Compass Points

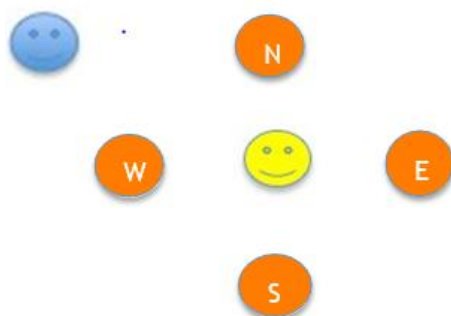
- Set up four markers to represent the 4 points of the compass (North, South, East

West)

- Start in the centre of the 4 markers and when your parent/carer calls out a point on

the compass, run and touch as near to the cone as they can with their foot (*without touching the marker*) and push away using their dodging skill and return to the centre. (See Points to improve)

- Repeat with different compass points.

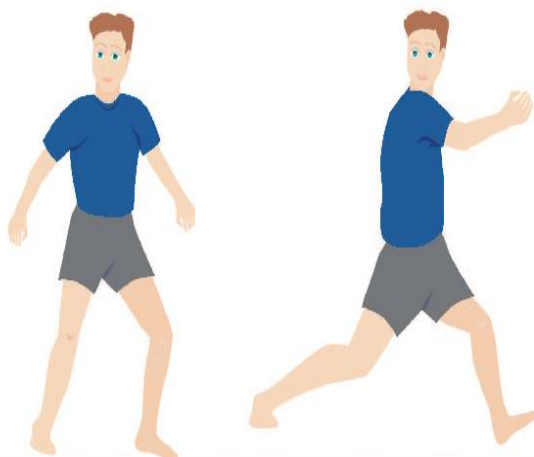


SAFETY – Don't step on the markers to ensure you don't slip.

Challenge - Add in 4 more compass points until you have 8 (i.e. North West, North East, South West and South East)

Play the game again

Nature



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Dodging

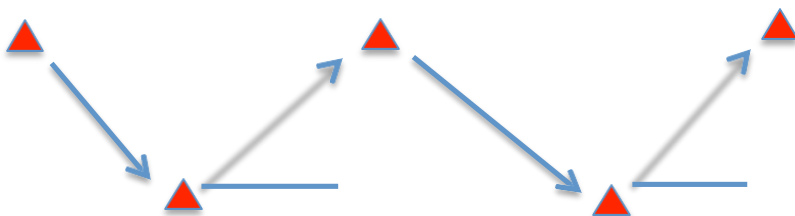
Points to improve . . .

- Head up eyes focused forward.
- Change direction by bending knee to lower body and pushing off the outside foot.
- Change of direction occurs in one step

(Q) Can you dodge well in both directions?

Task 2 - (W) Dodging Drills

- Set up a W shape using your markers



- From the start run quickly to the next marker and push off using your dodging skill to the next one and continue until the end.
- (Q) Can you beat your time?
- (Q) Can you do it backwards?

Task 3 - Shooting

Equipment - ball or large scrunched up paper ball or pillowcase filled with socks.

One of the best things when playing invasion games is scoring by shooting into a goal or scoring a try.

Netball - shooting at home in twos:

- Parent/carers is the post and stands with hands up.

- Player pushes ball up into the air to shoot to land in the parent's hands (Parent must not move)
- Score 10 points if the parent doesn't move their hands, 5 points if they move their arms to catch the ball and 0 points if they move their legs or if the ball doesn't end up being caught.

Shooting

Points to improve . . .

- Two hands on the ball, one underneath and one on side
- Feet square on to target
- Bend knees and push with feet and arms to push ball in air.
- Aim high above target and follow through with fingers pointing at target on release

Easier

- Decrease the distance between shooter and catcher
- Use a different target i.e. floor target or large box

Harder

- Increase the distance between shooter and catcher

Handball - Shooting

Equipment - ball or large scrunched up paper ball, jumpers or tea towels to make a goal.

Set up your goal and practice shooting with a one handed shot past the goalkeeper (parent)

(Q) Where should you aim for?

Challenge: Set up a dodging - shooting circuit

Dodging - Shooting Circuit

A - Shoot the ball into hands until you get 10 points B -

Run and complete the W-dodging circuit.

C - Catch the ball from parent/carers to shoot with a one handed shot into the goal past the parent/carers

(Q) How quick can you complete the circuit?

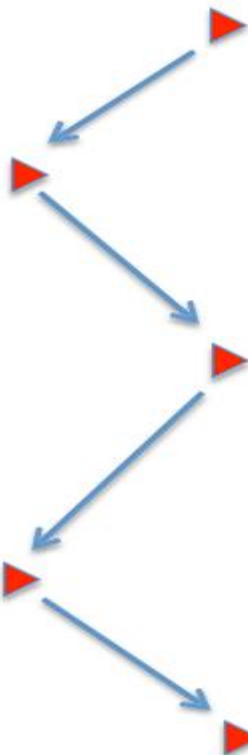
Parent

Player

A



B



C



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Stay at Home Heroes Challenge

Linked to Learn! 5 - Invasion Games

You have been busy practicing invasion games. Are you ready to take part in our challenge?

Netball

Challenge yourself, and your friends, to see who can **'Tap the balloon and drive'**.

Equipment needed:

1 of the following; Balloon, Ball, rolled up socks, scrunched up paper

Video Demonstration

How to play:

If you have some balloons then great, if not any ball will do (or alternative - see above). With one hand on the balloon attempt to keep it in the air whilst moving to various obstacles. Taking the balloon from the middle and taping it with control, so to keep it close as the video demonstration.

To make it;

- Easier - go closer with your obstacles or even try and use a bigger balloon.
- Harder - go further away and maybe even add more obstacles.
- Inclusive - try it seated or stood still and if you haven't a balloon to keep up then use any type of ball but allow it to bounce once before tapping.

How many taps of the balloon can you do in 60 seconds?



See how far can you get your obstacles without losing control of the balloon?
Measure your distance in metres and centimetres using a tape measure. How many obstacles can you add?