

Colton Hills Community School medium term planning – Physical Education – Exercising Potential

Topic title: Invasion Games	Year: 7 – Confidence To find the confidence to fail and learn. Term: Autumn - Spring	Why we teach this: Invasion games form a key part of our wider school PE curriculum and have many transferable techniques, skills and tactics used in a variety of ways. This allows knowledge and understanding of rules, regulations and scoring systems.	Why we teach this here: We teach this unit in Year 7 to begin to give students confidence to understand the techniques, tactics, rules and regulations of invasion games.	
Big questions: <ol style="list-style-type: none"> 1) Why is it important to have good control in invasion games? 2) Why are good dribbling skills so important in invasion games? 3) Why is it important to keep possession in invasion games? 4) How do we consistently hit the target with power and precision when shooting? 5) Why is it important to tackle, intercept and regain possession? 6) What range of attacking and defensive skills are consistently used to beat and technically in isolated situation? 		Builds on previous topics: - Links to any previous knowledge and understanding of invasion games taught at primary school or in any invasion games clubs outside of school.	Links to future topics: - It will allow students to gain an understanding and knowledge of skills for future invasion games topics.	
Skills developed: <ul style="list-style-type: none"> - Practical Skills suitable to the invasion game. - Tactical skills suitable to the invasion game. - Students playing within the rules across sporting activities. - Be physically active for sustained periods of time. - Develop confidence and excel in a range of invasion games. 		Key knowledge: <ul style="list-style-type: none"> - Be able to respond effectively to questions regarding invasion game technique and tactics. - Understand the key characteristics of an invasion game. - Understand how to improve own invasion game skills and how they contribute to own health and fitness. - Understand what components of fitness needed to improve when playing invasion games. - Gain knowledge of key tactics and techniques that can be used to beat your opponents. 	Key knowledge continued: LPA <ul style="list-style-type: none"> - Be able to dribble. - Be able to pass and receive. - Tackle or dispossess an opponent. - Show basic control. MPA <ul style="list-style-type: none"> - Perform attacking and defensive skills effectively in conditioned practices. - Dribble showing close control. - Shooting accurately towards target HPA <ul style="list-style-type: none"> - Dribble showing close control and protect it from opposition. - Pass with improved weight and consistency. - Perform attacking and defensive skills effectively in game situations. 	
Mini/Interim assessments: <ul style="list-style-type: none"> - Initial baseline assessment - Final assessment conducted at the end of the unit where pupils have gained maximum knowledge and practice of tactics and techniques. End of unit assessment – Game based situations linked to assessment criteria.		Independent study tasks/resources: Week 1 – Fitness for Football Week 2 – HIIT training for Basketball Week 3 – Fartlek training for Invasion Games Week 4 – Sprint training for Attackers Week 5 – Power training in Rugby Week 6 – Shuttle fitness	Key vocabulary 1: Attacker back heel back pass ball carrier possession cross defender midfielder goalkeeper	Key vocabulary 2: Feint Indirect Direct Offside Obstruction near post far post man to man penalty

<p>Cultural capital opportunities: Social: Can I work responsibly with others sensibly in potentially dangerous circumstances when taking on different roles and responsibilities? Moral: Can I use equipment appropriately and safely? Can I learn to handle success and defeat with dignity? Spiritual: How can invasion games positively affect my emotions? – (Confidence, determination, resilience) Cultural: Can I respect and show an awareness of other cultures traditions within a competitive environment.</p>	<p>Whole school Curricular Concept links:</p> <p>Civic Responsibility – focus on invasion games in society. Cultural Diversity – exploring gender in sport. Health Living – mental health and healthy living focus Artistic Creativity – develop a creative approach to technical and tactical skills to outwit opposition.</p>	<p>free kick dribble volley zone defence Travel Double dribble Accuracy Try Direct</p>	<p>lay up pitch striker wingers tackle Jump shot Chest pass Bounce pass Spin</p>
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