Invasion Games

Bodies

<u>Skills</u>

Types of Passing Standing Tackling Catching Advanced Dribbling (2v1) Different types of Shooting Advanced Movement off the ball Defending (1v2)

Components of Fitness

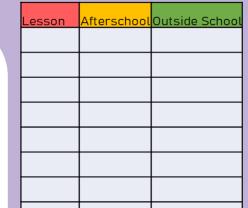
Cardiovascular Endurance Muscular Endurance Coordination Power Agility

<u>Minds</u>

Advanced Rules of the Game Advanced Application of knowledge of skills How to score Advanced Tactical Decisions Decision Making Positions of Play (transitioning)

Hearts

Communication Teamwork Leadership Motivation Resilience Sportsmanship





Year 9 PE Maximise 1

Mastery

Watch the sport on TV or You Tube

Attend after school Football, Basketball, Netball and Rugby

Coach KS3 extra-curricular sessions



Becoming an Expert

Football Football – Deans Football Club Watch – Goal (Film) NGB – FA.co.uk Drill Website QR code

Rugby

Local Club – Folly Lane ARLFC Watch – Wigan Warriors vs Salford Reds (youtube)

NGB – RFL Drill Website QR code



Basketball

Local Club – Manchester Giants Watch – NBA Highlights Youtube NBG –Basketball England Drill Website QR code-



Invasion Games

Are you ready to progress? Can you explain key points for

- each skill across a variety of sports?
- Can you demonstrate the different skills in a drill (isolation)
- Can you apply your more advanced skills to competitive games?
- Could you score or Referee/ Umpire a game? Or Coach?







MAXIMISE YOUR POTENTIAL

Next Term





SHOW what you KNOW

Attend after school Football, Rugby or Basketball and show off your skills

Write a match report from a local or televised fixture

Produce a rule book or play book featuring game tactics