## 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**

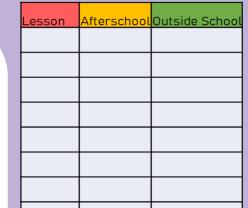
Cardiovascular Endurance Muscular Endurance Coordination Power Agility

## <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