

# Invasion Games



## Bodies

### Skills

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

## Minds

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

Lesson	Afterschool	Outside School

Year 9 PE  
Maximise 1

## Mastery

Watch the sport on TV or YouTube

Attend after school Football, Basketball, Netball and Rugby

Coach KS3 extra-curricular sessions



Last Year – Max Levels

# Invasion Games

**MAXIMISE**  
YOUR POTENTIAL

Next Term



## 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-



### 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?



YouTube



**sky SPORTS**



## 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

Year 9 PE  
Maximise 1