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Invasion games




Passing caterpillar

How to play

- Spilt your group into teams of six. Each team stand in a line facing the person in front of them.
- Each team must pass a ball along their line from front to back without it touching the ground.
- If a team drops the ball and it touches the ground, they must start again.
- When the last player receives the ball, they move to the front of the line and start passing the ball again.
- Each player must use a different type of movement when they move from the back to the front of the line. E.g. walk, side steps, hops, jumps.
- The game continues until each team crosses the finish line. The first team to do so wins the game.
- Teams can count how many successful passes they complete.



Equipment

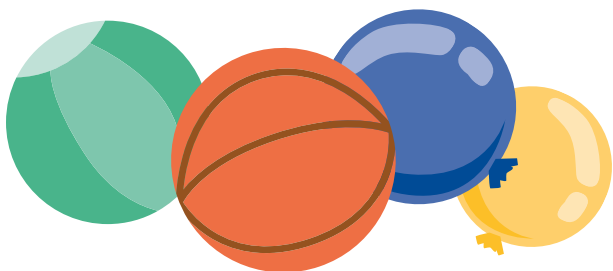
-  Large playing area
-  Cones or markers for start and finish lines
-  Balls or objects for teams to use



1. Invasion games: Passing caterpillar

Using STEP

	Easier	Harder
Space	<ul style="list-style-type: none"> Reduce the distance between players. 	<ul style="list-style-type: none"> Increase the distance between players.
Task	<ul style="list-style-type: none"> Players can turn around to pass the ball to the next player. 	<ul style="list-style-type: none"> Players must pass ball overhead, or through their legs, or using their non-dominant hand only.
Equipment	<ul style="list-style-type: none"> Use a large ball. E.g. a beach ball, or balloon. 	<ul style="list-style-type: none"> Use a tennis ball.
People	<ul style="list-style-type: none"> Reduce the number of players in each team. 	<ul style="list-style-type: none"> Increase the number of players in each team.



Impairment specific considerations

Blind and visually impaired pupils

- Use an audible ball.
- Use high visibility bibs for teams with visually impaired players.
- Encourage team to use sounds and communication to direct players to the front of the line.

Pupils with a learning disability

- Give a practical demonstration.
- Encourage players to communicate to each other to indicate when to move to the front of the line.

Deaf and hearing-impaired pupils

- Demonstrate instructions visually.
- Use skill or picture cards to communicate instructions.
- Use visual signals or cues to start and finish the activity.

Pupils with a physical impairment

- Use lighter objects or balls that are suitable for an individual's ability.
- Players can stand sideways in the line so they can pass and receive the ball more easily.



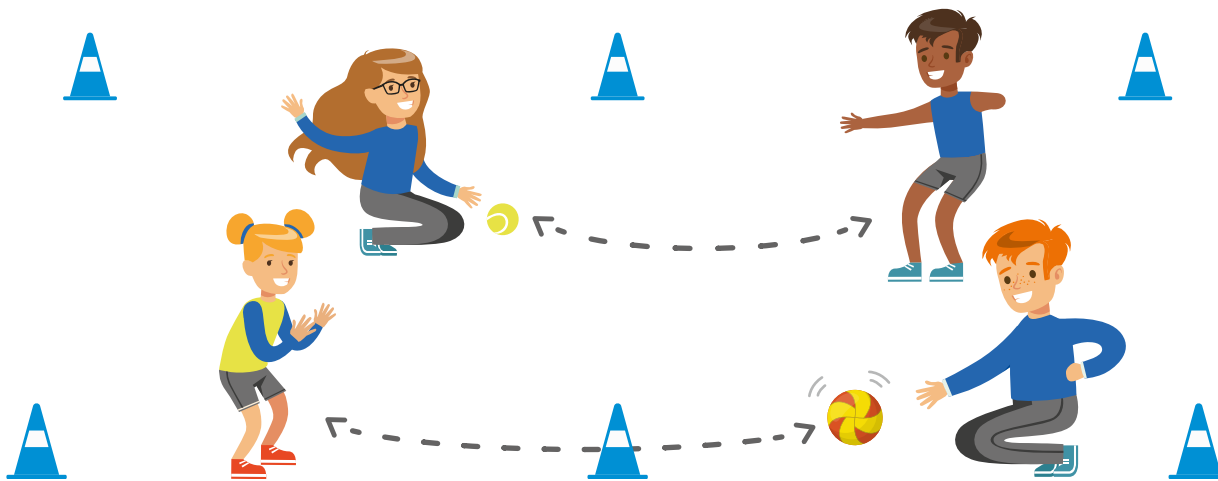
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Invasion games

Roll 'a' tennis

How to play

- Mark out a playing area and divide the area into two equal halves using cones.
- Group pupils into pairs (2s).
- Position one player from each pair in each half on the playing area.
- Players take turns to roll the ball into the other side trying to achieve the highest number of consecutive successful passes.



Equipment



Playing area



Cones or markers or a pop-up tennis net



Range of balls. E.g. tennis ball, netball, football, audible ball

Pupil corner - Support your classmates by:

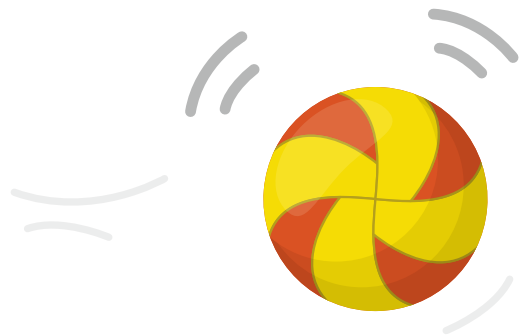
1. Thinking about what your team did well and what areas you could improve on.
2. Suggesting different ways to propel the ball.
3. Creating a new game using the skills from this one.



2. Invasion games: Roll 'a' tennis

Using STEP

	Easier	Harder
Space	<ul style="list-style-type: none"> Reduce the size of playing area. 	<ul style="list-style-type: none"> Increase the size of the playing area.
Task	<ul style="list-style-type: none"> Players can play sitting down. 	<ul style="list-style-type: none"> Players can throw the ball over to the opposition.
Equipment	<ul style="list-style-type: none"> Use a larger or softer ball. E.g. beach ball or balloon. 	<ul style="list-style-type: none"> Use a smaller ball. E.g. tennis ball.
People	<ul style="list-style-type: none"> Reduce the number of players on each team. 	<ul style="list-style-type: none"> Players can only use their non-dominant hand to propel the ball.



Impairment specific considerations

Blind and visually impaired pupils

- Use a high visibility ball and / or audible ball.
- Each team to wear high visibility or brightly coloured bibs.

Pupils with a learning disability

- Break down the game into step-by-step instructions.
- Encourage players to focus on accuracy rather than scoring points.

Deaf and hearing-impaired pupils

- Give a visual demonstration before starting the game.
- Use skill or picture cards to support verbal communication of instructions.

Pupils with a physical impairment

- Reduce the throwing distance between the two teams.
- Enable players to propel the ball across a raised surface. E.g. table.



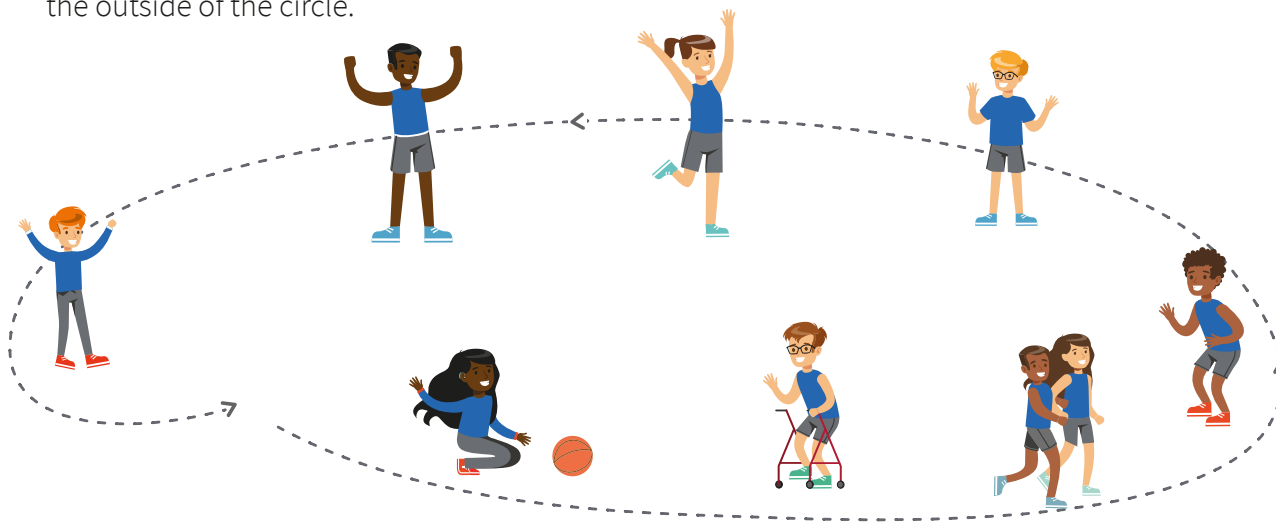
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Invasion games

How fast can you pass?

How to play

- Organise your group into a large circle with around 1 metre between each player.
- Give a ball to one person in the circle. This player will become the runner.
- The runner passes the ball to their right or left before beginning to run around the outside of the circle.
- The other players then try and pass the ball around everyone in the circle before the runner gets back to their original position.
- Once they arrive back to their position, the next player in the circles passes the ball and sets off.



Equipment



A large playing area



One large ball

Pupil corner - Have a go at:

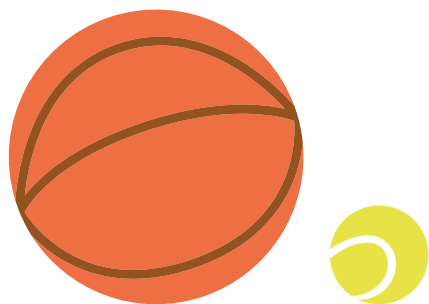
1. Timing your run around the circle. Can you beat it next time round?
2. Showing the group how to play the game using different communication methods.
3. Changing the equipment or task. How else could you play this game?



3. Invasion games: How fast can you pass?

Using STEP

	Easier	Harder
Space	<ul style="list-style-type: none"> Reduce the size of the circle. 	<ul style="list-style-type: none"> Increase the size of the circle.
Task	<ul style="list-style-type: none"> Players stand close together and hand the ball to each other. Allow the ball to bounce between players. 	<ul style="list-style-type: none"> Introduce two balls and two runners. Change the direction of ball movement for each runner.
Equipment	<ul style="list-style-type: none"> Use a lighter or softer ball. E.g. beach ball. 	<ul style="list-style-type: none"> Use a smaller ball. E.g. tennis ball.
People	<ul style="list-style-type: none"> Split the group into smaller circles. 	<ul style="list-style-type: none"> Add more players to the circle.



Impairment specific considerations

Blind and visually impaired pupils

- Use a high visibility ball and / or an audible ball.
- Introduce a running buddy to guide players around the circle.

Pupils with a learning disability

- Break down each activity into step-by-step instructions.

Deaf and hearing-impaired pupils

- Demonstrate the instructions visually.
- Use visual cues. E.g. picture cards or signals to indicate the start and end of the activity.

Pupils with a physical impairment

- Players can be seated or standing when receiving the ball.
- Pass the ball around the circle more times to cater for different levels of ability and mobility.



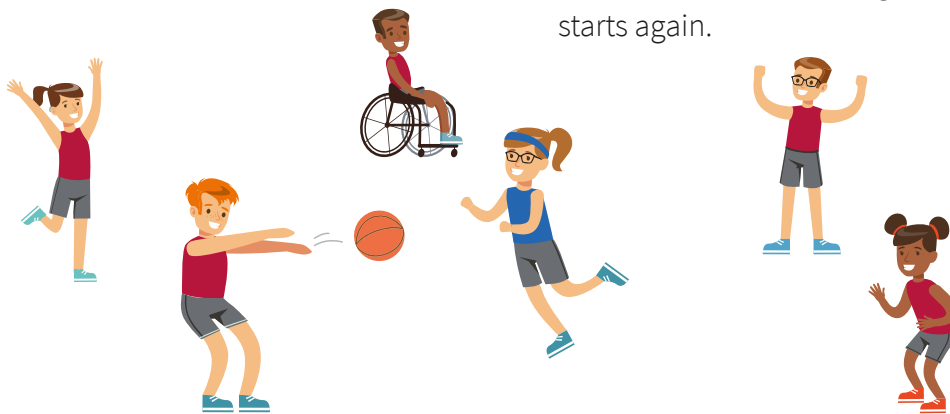
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Invasion games

Pass and move

How to play

- Split your group into smaller groups of six. Each group will have five attackers and one defender.
- Attacking players pass the ball between them in a marked-out area. Aim is to keep the ball moving and away from the defender.
- The defender attempts to intercept a pass and catch the ball.
- If the defender catches the ball, they swap positions with the attacker who throw ball.
- When the attacking team achieves 10 consecutive passes, the defender swaps positions with an attacker and the game starts again.



Equipment



A large playing area



Two set of bibs



Cones to mark out the playing area for each group



One ball per group

Pupil corner - Challenge your classmates to:

1. Use different passing skills to move the ball around. Try a bounce pass, under arm pass, or overhead pass.
2. Adapt the game to be suitable for a wheelchair user or person with limited mobility?
3. Think about what sports this game could used for. Have a go with your classmates.



4. Invasion games: Pass and move

Using STEP

	Easier	Harder
Space	<ul style="list-style-type: none"> Increase the size of the playing area. 	<ul style="list-style-type: none"> Reduce the size of the playing area.
Task	<ul style="list-style-type: none"> Remove defender and concentrate on attackers passing the ball accurately. 	<ul style="list-style-type: none"> Increase the number of defenders.
Equipment	<ul style="list-style-type: none"> Use a lighter ball. 	<ul style="list-style-type: none"> Add another ball into the game.
People	<ul style="list-style-type: none"> Increase number of players in a group. 	<ul style="list-style-type: none"> Decrease the numbers of players in a group.



Impairment specific considerations

Blind and visually impaired pupils

- Use a high visibility ball and / or an audible ball.
- Players wear high visibility / colourful bibs.

Pupils with a learning disability

- Demonstrate each instruction clearly.
- Players wear coloured bibs to help reinforce which team everyone is on.

Deaf and hearing-impaired pupils

- Demonstrate the instructions visually.
- Use visual skill cards to support verbal instructions.

Pupils with a physical impairment

- Provide individuals with more space, defenders cannot go within one metre of player who has possession of the ball.
- Use a lighter ball or object. E.g. balloon.



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Invasion games

Pass to score

How to play

- Split your group into two equal teams. One team are the attackers, the other team are the defenders.
- The attacking team aims to make 10 successful passes without losing or dropping the ball. If they achieve 10 passes, they are awarded one goal.
- The defending team aims to intercept the pass and catch the ball.
- If the defending team gain possession of the ball, the teams swap roles and they now become the attackers.
- Every time a pass is intercepted, the pass tally restarts back at zero.



Equipment



A large playing area



Two set of bibs



Cones or markers for the area



One ball

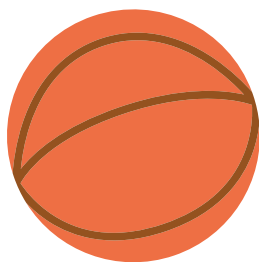
Pupil corner:

1. Create team tactics to improve your chances of scoring.
2. Think about how to adapt the activity to include a disabled person and cater for their needs.
3. Create new rules which helps everyone to get involved.
4. How did you feel whilst playing this activity, is there an area you can improve on?
5. Speak with classmates to evaluate each other's performance and offer constructive advice.



Using STEP

	Easier	Harder
Space	<ul style="list-style-type: none"> Increase the size of the playing area. 	<ul style="list-style-type: none"> Reduce the size of the playing area.
Task	<ul style="list-style-type: none"> Players cannot pass the ball close together. Must stay a minimum of one metre apart from each other. 	<ul style="list-style-type: none"> Introduce new a rule - only certain types of passes can be used. E.g. bounce passes.
Equipment	<ul style="list-style-type: none"> Use a lighter ball. 	<ul style="list-style-type: none"> Add another ball into the game.
People	<ul style="list-style-type: none"> Reduce the number of players on each team. 	<ul style="list-style-type: none"> Add more defenders, so the attacking team has to work harder to get free.



Impairment specific considerations

Blind and visually impaired pupils

- Use a high visibility ball and / or an audible ball.
- Players wear high visibility / colourful bibs.

Pupils with a learning disability

- Demonstrate each instruction clearly.
- Players wear coloured bibs to help reinforce which team everyone is on.

Deaf and hearing-impaired pupils

- Demonstrate the instructions visually.
- Use visual skill cards to support verbal instructions.

Pupils with a physical impairment

- Provide individuals with more space, defenders cannot go within one metre of player who has possession of the ball.
- Use a lighter ball or object. E.g. balloon.
- Introduce zones for specific players to stay within.