

## Year 3 - Invasion Games 1 - Page 1

We are learning how agility helps us in a game situation



### Warm-up - Everybody's it!

Establish an ample playing space for all your students to run around safely. The aim of the game is simple, everybody is it, and anybody can tag anybody. If tagged in this game, children must kneel down and put a hand in the air. Anybody in the game can free others by running past and giving them a high five. Possible progressions or challenges within the game could be:

- See who can avoid being tagged in a 30-60s round.
- See how many people you can release.
- See how many people you can tag within a match.

### Activity 1: Colours Tag

Split children into 4 teams of around 7 or 8 members per team based on numbers. Allocate each team a colour, ideally using coloured bibs, so they are easily identifiable. Children begin by moving around the space available. They could run, skip, sidestep, jump etc. When the teacher calls out a colour, this team becomes the taggers. Their job is then to tag as many other players as possible. When tagged, the player who has been caught kneels on the floor and puts one hand in the air. The player is temporarily out of the game. To return to the game, the player who has been tagged needs to receive a high five from another team member. If a red player is tagged by a blue player, then a red player must high-five them to return them to the game. You could play 30-60s rounds with the children moving around differently and then calling out a different colour each round.

### Activity 2: Spot to Spot

Children work in pairs with 2-floor spots between them roughly 2-3m apart. One student acts as the designated attacker, and the other is the defender. Each round begins with a high five or a fist bump in the space between the 2-floor spots. The attacker's job is to try and move laterally from side to side and touch one of the spots with their feet. If they're successful, the attacker scores a point, and the game returns to the middle and resets. If a defender successfully gets to a spot first and stands on it, an attacker can no longer score a point at that spot, and the game continues. The defender has to work hard to reach the spots before the attacker prevents any points from being scored. This could be made more accessible by bringing the spots closer together or more difficult by moving them apart.

## Year 3 - Invasion Games 1 - Page 2

We are learning how agility helps us in a game situation



### Activity 3: Tom & Jerry

Setting up 2 or 3 games running side by side for this activity in an ample playing space may be beneficial. Using rectangular pitches, mark out zones in 3 out of the 4 corners using marker cones or floor spots. The zones diagonally opposite one another are the mice dens, and the other corner zone is the cat's den. Allocate each child to either cats or mice. The mice will need a bib tucked into their shorts as their tail. The game aims for the mice to run from den to den without their tail being taken by a cat. If their tale is taken, they join the cats' team. Progressions for the activity could include having the mice transport 'cheese' in the form of balls or bibs from one den to another. Or have the cheese start in the centre of the playing area, and on the start command, the mice run out and try to collect the cheese and get it back to their den.

### Equipment:

- Floor spots
- Coloured bibs
- Cones

### Set up:

- An ample playing space.