

## Year 4 - Invasion Games 1 - Page 1

We are developing our agility skills to evade opponents.



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

- Start in an area that is large enough for all of the students to run around in; no equipment is required.
- Anybody can tag anyone. You must kneel down and raise one hand in the air if you are tagged.
- Anybody can free a kneeling person by giving them a high five; this returns them to the game.
- Encourage the involvement of 3 challenges during the game: 1) Can anybody finish the game without getting tagged. 2) Who can tag the most people. 3) Who can free the most people.

### Activity 1 - The Great Escape (tag belts or bibs)

- Start in an area large enough to mark a big shape on the floor, like a square or rectangle.
- Around the shape, mark out some gates/doorways using cones, leaving a space in between.
- All students must be given a tag rubber belt or a bib which can be tucked into the side of their trousers.
- To begin with, the students start in the central area and have to escape through the doorways, then return back into the area to the side of the doorways to earn a point. They cannot keep running circles through the same doorway. Each doorway = one point.
- You may start by setting a time limit to see how many doorways they can run through in this time.
- Now choose some students to be defenders, they will not need a tag rubber belt, or they could have a different colour bib. Put one defender in the space between each doorway.
- Play again, but now the defenders prevent the other plays from escaping through the doorways; they do this by moving side to side whilst trying to remove players' bibs/belts.
- If a belt or bib is removed, the player must return to the central area and not score a point.
- You may alter the width of the doorways or add multiple defenders to each to change the difficulty.

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### Activity 2 - Nevada Smith (tag belts or bibs)

- In a large space, mark out some rectangular areas about the size of a netball pitch.
- Mark out 2 doorways using cones at one end of the pitch and 2 at the sides just past the halfway line.
- Get 8 students and choose two to be cowboys (defenders) by giving them a bib and the rest to be bandits who receive a tag belt, then split the bandits into two groups of three.
- The two cowboys start at the end of the pitch with the 4 doorways and three of the bandits at the other end.
- The bandits have to try and escape through the doorways to earn points whilst the cowboys try to stop them by removing their tag belts.
- The far doorways are worth 3 points, and the nearer ones are worth 1 point.
- When they have finished, the next 3 bandits enter the game, and the cowboys initiate the game with a countdown. Play a number of rounds before switching the roles.
- The game may be modified by changing the doorways' width or by altering each team's numbers. A passable item to carry through the doorways which score points like a rugby ball may also be introduced.

### Activity 3 - Run the gauntlet

- Mark out a few long thin rectangular areas.
- Separate students into 6 groups of defenders and 3 groups of attackers.
- Each group is assigned to one rectangular alleyway where 3 defenders wearing bibs are spaced equally apart along them.
- Attackers start at one end and must try to make it to the other end without losing their tag belt or bib to score a point.
- Defenders may only move from side to side. If they remove a bib, they must return it, and that player must go back to the start where another player is now attempting to run.
- Each attacker has 3 attempts at this before the roles are switched.
- The game could be modified so the alley's width is changed, more than one attacker runs at once, or a rugby ball may be introduced, where its touch down at the end scores the points.