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We are learning to move into open spaces to receive passes from teammates.



Warm-up - Fire and Ice tag

Choose 2 taggers to be the 'ice' taggers and two children to be the 'fire' who need a ball each. These children could wear bibs to distinguish them.

Play the 30s or 60s bands, and the children who are ice try to freeze as many children as possible. The rest of the children should use the playing space to run and escape the ice. The ice taggers tag the children, who then freeze. When the fire taggers see frozen children, they approach them and throw their balls at them. If the frozen child catches the ball, this melts them, and they rejoin the game. Swap the fire and ice teams each round. The aim is to try and survive the competition and avoid the ice.

L1 - fewer ice taggers, safe zones, use a bean bag

L2 - use a smaller ball to catch

Activity 1 - Pairs Passing

Children work in pairs to practise passing the ball accurately between them. They could use one or two hands, chest passes or underarm passes. Allow children to explore and practise their techniques. Challenge the children to move and catch the ball in a jump to get to grips with the hand-eye coordination needed to pass and catch accurately in this exploration activity.

Activity 2 - Passing Squares (run & catch square)

Students work in groups of 3. Each group member starts on a cone. Using cones, mark out a square with sides the length of at least 3 metres each. The students move around the square clockwise or anti-clockwise to continually move and catch the ball between them. The game aims to throw the ball towards the empty corner and for a team member to step into place to catch the ball before it hits the ground.

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Activity 3 - Fuel Your Rocket

Fuel your rocket is an activity that explores the concepts of attack versus defence and allows the students to include skills they've learned over this unit and in year one and put them to test in an invasion-type game. Children work in groups of around 7. Within the group, there should be 5 attackers that are the astronauts and 2 defenders. At one end of the pitch, there should be a hoop that acts as the rocket and at the opposite end, there's a hoop with 3 or 4 objects inside that act as the fuel. One student stands inside the rocket hoop to act as an engineer. The aim of the game is for the attackers to get all the balls from the fuel hoop into the rocket hoop by passing between the team and working together. The defenders attempt to stop this from happening. The attackers are not allowed to move with the ball, using a netball style of passing the ball up the pitch to get it to their rocket.

Equipment:

- A selection of big and small balls.
- Hoops
- Cones

Set up:

- A large area for children to play within
- Hoops are set up as rockets for fueling your rocket activity, and a hoop with 3 or 4 balls inside acts as fuel.