

MULTI-SPORTS PROGRAMME (Y5-Y6)

Invasion

<p>Rugby League</p>	<p>Rob the Nest (passing) 4 nests in each corner & 1 in the middle (10 balls inside). 1 team/corner nest. Players are numbered off. Teacher calls number and allocated players run to middle, grab a ball and return it to their nest. Can then steal from other nests. Progress onto passing. Players must pass from oppositions nest to their own nest.</p>	<p>Passing Relay (passing) * In teams of 4-6 player. Players stand in a line with 2m in between each player. 1st player has ball. On 'go' teams rush to pass ball down their line to each player. When it reaches the last person, they run to front of line and all players shuffle down the line. Race/replay finishes when 1st person returns to the starting position.</p>	<p>Hit the Dragon Tail (passing) 2-3 teams, one team forms a big circle, the other team forms a line in the middle of the circle. Circle team tries to pass ball around their team and hit the 'tail' of the team. Team 2 holds onto each other (like a dragon) and try not to get tagged.</p>	<p>Modified Touch (all skills) Two teams, big area with two circles at each end. X1 player in each 'scoring' circle. Rules:</p> <ul style="list-style-type: none"> • Teams start on opposite sides of the field (5m apart) • Can run with the ball and pass in any direction • 6 touches= turn over • When touched the must pass to another player • Dropped ball=turn over • To score they must pass to their team player in the scoring circle.
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Key: (*) Activity you will be required to lead during the session

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Session	Activity	Activity	Activity	Activity
<p>Netball</p> <p><u>Key points:</u></p> <ul style="list-style-type: none"> • Chest pass: chest to chest • W position with hands • Elbows bent / relaxed by side • Step forward • Follow through with arms 'Zap' to Cast a spell 	<p>Shark Island (balance) *</p> <p>Place several hoops around a big area. Class are called 'swimmers' except 2 people who are 'sharks'. Sharks run around and try to tag 'swimmers'. Swimmers are safe if they jump and land (2 feet balanced position) in the hoop. Only 1 person in hoop at time. If tagged swimmers become sharks.</p> <p>Mod: diff movements / less hoops</p>	<p>Target Ball (passing)</p> <p>In pairs (5m apart), place cone in the middle. Player must try and knock over cone by performing a bounce pass. If successful, the pair gains a point. After a few minutes the pair with the most points wins.</p> <p>Mod: distance, different size ball / targets</p>	<p>Catch me if you can (passing)</p> <p>Group of 8 - 15 in circle, approx. 1 metre apart (spacing depends on ability)</p> <p>1 ball at opposite ends of circle. Ball passed to next player on right with each ball trying to catch up to the ball in front.</p> <p>Mod: Go the other way, circle bigger, variety of passes</p>	<p>Goal Bounce (all skills)</p> <p>Two teams per third of court (4-6 players/team). 1 hula hoop placed outside each side of area. Both teams are spread out in the 1/3 with one team passing ball between themselves, attempting to score goal by bouncing ball into a hula hoop. Opposing team gain possession after goal scored / loose ball or turnover.</p> <p>Mod: everyone to receive pass / pass variety / pivot on receipt of ball</p>
	<p>Bumper Cars (balance)*</p> <p>All players stand on one foot quite close to each other with arms folded across chest. They all hop around trying to gently bump each other off balance. If player puts other foot down, hops to 'garage' for repair where do 5 hops on each leg before 'fixed' to go back.</p>	<p>Shrink and Grow (passing)</p> <p>Groups of 2 – 4 with 1 ball.</p> <ul style="list-style-type: none"> - 10 passes seated, if drop ball start again, if complete - 10 passes kneeling, if drop, go back to seated, if complete - 10 passes standing, if drop, go back to kneeling, if complete 	<p>Pass and Go (passing/spatial awareness)</p> <p>3 groups of 3 – 5 players behind 3 cone set in triangle (distance depends on ability). 1 group have ball. Pass ball right, run to back of right group. Game over if no one left to pass to in one line</p>	<p>Order ball (all skills)</p> <p>2 teams of 5 players, number 1 – 5, Lined up opposite ends of area. 1 ball in middle, teacher calls number and that player runs in. First to ball then passes to team mates who have run onto court, moving ball through their numbers to score a goal in hoop or touch down on line. If other team get t/over 1 point. After goal, start ball back in middle. First to 10 wins</p>

	Mod: left / right / jump, area size	Mod: variety of passes, passing on stomach	Mod: pass ball Left / pass either but run other / pass variety / distance of lines	Mod: pass variety/area
Big Ball Skills <u>Key points:</u> <ul style="list-style-type: none"> • Dodge into space • Spread out as a team 	Knee Tag (dodging) * In pairs, stand facing each other 1m apart. One person starts by tagging other players knee, once they are tagged they then try to return the tag and it continues. Rules; must always face each other and stay within 1m.	Freeze (balance, passing) All players are given a number. Players move around area. 1 player throws ball into air and shouts a number. Player with that number must try to catch ball before it bounces and says 'freeze' (all players stop). Catcher tries to hit legs of another player who then loses a 'life'. (x3 lives)	Ball Tag (Passing/Dodging) Two teams (5-6/team) Team 1 has possession of the ball. They pass ball around and try to touch team 2 players with ball. If (T2) player is touched with the ball they are 'out' and stand on sideline. Players cannot run with ball.	Netball Touch (all skills) Similar to netball but to score them must touch ball down on their 'goal-line' (not hoop). To start game one player throws ball 'in' from their base line.

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Hockey	<p>Mine Field (lead) Place cones randomly in an area (approx. 25m by 25m) All players have a ball and are lines up at one edge of the area. On 'go' the players dribble their ball through the cones to the other side without hitting any cones (mines). Progression = add a 'chaser'. The chaser chases the dribblers. If tackled or blown up by mine they become a chaser as well.</p>	<p>Rob the Nest 4 teams positioned behind 4 corner hoops, with additional hoop (nest) which holds all the balls (eggs) placed in the middle of the square area. Players in each team are numbers 1-5. Teacher yells out number. Those players then 'steal' ball (egg) from middle nest or other teams' nests and dribbles ball back to their nest. Players only stop when teacher calls another number. Aim = collect as many eggs as possible into their nest.</p>	<p>Follow the Leader Players are in groups of 4 (form a line) with a ball and stick each. The leader dribbles around the area the other players follow their movements. On teacher's command, players swap positions, leader rotates to the back.</p>	<p>Dribblers and Robbers All players have a stick and ball and are within an area. One player is designated the 'robber' and their ball is removed. Players dribble around the area and the robber tries to tackle their balls off them. If successful, the dribbler who lost the ball becomes the new robber.</p>
Hockey	<p>Tunnel Ball (push pass) (lead) In pairs, pairs line up opposite each other forming 2 lines (tunnel) with 1 ball/pair. A teacher and partner position themselves at either end of the tunnel with 1 ball. The</p>	<p>Nuisance (dribbling) In pairs, one pair is chosen to be the 'nuisances' (they wear bibs). On teacher command, pairs pass a ball back and forth between each other while moving around an area. The</p>	<p>Hockey Bullrush (dribbling, tackling) All players (except 2) are attackers and line up along a baseline with a stick and ball each. The nominated 2 are defenders and do not have a</p>	<p>King of the Square (possession, tackling/stealing) All players have a ball and stick and stay within the area. They must dribble their own balls at the same time as trying to knock another players ball</p>

	<p>coach pair pass to each other through the 'tunnel'. The players then pass their ball back/forth to each other, trying to hit the teachers ball as it passes them. If successful, the player who hit the ball replaces the teachers partner at the end. Variation= use a big ball for younger/less able.</p>	<p>nuisances' try to intercept a pass or pick up a loose ball. When the nuisance intercepts or gains possession of the ball, the player that lost the ball becomes the 'nuisance' and change partners.</p>	<p>ball. On command, the attackers dribble through the middle zone and try to reach the opposite end. Defenders try to tackle attackers and knock their ball out of the area. Options=If players' ball is hit out of area, they become another defender or they move outside the area and practice dribbling. Last player left wins.</p>	<p>away from them. If a player's ball is hit outside the area they must retrieve their ball and dribble around the outside of the playing area before returning inside the area to play again.</p>
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Invasion Unit

<p>Basketball</p>	<p>Traffic Lights (dribbling) Teacher calls the following colours; Green= dribble around Orange = figure of 8 around legs Red=Dribble from one hand to the other</p>	<p>Gold Rush* (dribbling/protecting ball) Players in area with a ball (gold) each (excluding two players who are the 'pirates' and don't have a ball). The pirates try to steal the 'gold' off the 'sailors' by hitting ball outside of playing area. If ball goes outside area the player must run around the outside with their ball before returning to play.</p>	<p>King of Court All players have a ball. All players try to hit other players balls out of area at the same time at trying to keep possession of their own ball. If their ball is hit out they must dribble their ball around the outside before returning to play. Players not hit out are the winners.</p>	<p>Mini Basketball Game (5v5) Similar to Netball/Touch but with basketball rules. Modification:</p> <ul style="list-style-type: none"> • Everyone must dribble ball before passing • No 'stealing' (hitting it away)
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Invasion Unit

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Soccer (dribbling and tackling)	<p>Traffic Lights (lead) 1 ball/player. Teacher signals 'green light' = players move around area 'orange light' = players pass to another player or do a trick (ie knee ups, header) 'red light' = players stop/trap the ball under their foot. Progression:</p> <ul style="list-style-type: none"> • different gears/speed (1st gear, slow-5th gear, sprinting) o • Bumper cars – 2-3 players without a ball try to kick others balls away. 	<p>Cops and Robbers Two lines, front line of players are the 'robbers' and have a ball each, back line are the 'cops' with no balls. When teacher calls "go" the robbers have to get to the other side without getting caught/tagged by the cops. If robbers are caught they become the cops. Progression:</p> <ul style="list-style-type: none"> • Cops begin 3m away – 2m away. • Introduce players in middle who try to tackle players. 	<p>King of the Park All players have a ball and dribble around a square area. Players must try to keep possession of their own ball whilst trying the tackle and kick away others balls. If a players loses control of their ball or it is tackled off them they must retrieve their ball, move to a designated area outside the square and perform a skill/s (juggles) before returning to the game. The player/s that have not had to exit the area at the end of the time are the 'Kings'.</p>	<p>Small Sided Game (3v3) Teams start opposite each other. A game is started with a kick forward to a team mate from middle of ½ line. If ball goes across touchline the ball is kicked/dribbled into play. Goals can only be scored from within oppositions half. No offside rule.</p>
Soccer (passing and dribbling)	<p>Tricky Trapping Techniques All players spread on in the area. On teachers signal the players must throw the ball in the air and explore how many body parts they can use (other</p>	<p>Stuck in the Mud/Terminator (lead) All players (except 2) have a ball and must dribble the ball around the area. 2 players are the 'terminators' and must try to tackle the balls off the</p>	<p>Nusiance Players are paired up. Each pair has a ball (except the 'nusiance' pair. Players are required to pass the ball to each other in their pairs. The 'nusiance' pair must try to work together and</p>	<p>4 Corner Soccer Set up a field with 4 goals (one in each corner). Divide class into 4 teams and place them in each corner/sideline. Have them number themselves off 1-7 per team. The ball is placed in the</p>

	<p>than their hands) to control the ball.</p> <p>Progression: With a partner explore how many ways they can stop a bouncing ball or stop a ball lobbed on the full. Controlling the ball on their knees, head, chest, outter foot etc.</p>	<p>players. If a player loses control of their ball or it is tackled off them they must retrived their ball and stand with their legs apart and are not allowed to move until another player passes their own ball between their legs.</p>	<p>'steal' the ball off another pair. If they are successful they get ball and continue passing it to each other and the other pair become the 'nuisance' pair.</p>	<p>middle of field to start. Players can shoot in any goal except their own. Teacher calls out numbers. The players with that number must enter field through the middle of their goal posts then attack the ball. If the ball goes out of play, an opposition team throws in from the sideline. If a goal is scored all players return to their starting positions.</p>
<p>Soccer (Shooting and Advasion)</p>	<p>Sharks and Islands All players (except 2-4) have a ball ('islanders') and dribble around the area. The 2-4 other players ('sharks') try to tackle the 'islanders' to take their ball from them. An 'islander' who gets tackled becomes a 'shark' and visa versa. An 'islander' who is on an island is safe. Only one 'islander' on an island at a time and can only stay for 3secs.</p>	<p>Ghostbuster All players (except 1-2 'ghosts') have a ball and dribble around the area. Teacher calls 'ghostbusters' the players freeze and then 'shoot' the 'ghosts', hitting them below the knees. Progression: teacher calls different part of the foot to dribble with. Player are allowed 20 secs to move and 'shoot' the 'ghost'. Reduce number of balls so player must pass before 'shooting'.</p>	<p>Doctor Doctor Playing area has two corners allocated as 'surgeries', one for each team. Players are split into two teams and nominate one player/team to be the doctor. All players (except the doctors) have a ball and try to dribble ball in area whilst kicking away oppositions balls. If players ball is knocked out they go to their 'surgery' and wait until their doctor releases them. The game can be won by a team if they can hit the oppositions doctor.</p>	<p>Beat the Gatekeeper Ussing cones, set up 4 gates, 5m wide and 10m apart. Split the class into groups of 6 or 7, 3 defenders and the rest attackers. Defenders must defend a gate, attackers must try to get through as many gates as possible. The attackers gets 1 point for each gate they cross. Defenders can only move in line with their gates. Attackers and defenders change after 2 mins.</p>

KEY: (*) Activity you may be required to lead during the session.

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Invasion Unit

<p>Tapu Ae</p>	<p>Rob the Nest (throwing) 4 nests in each corner & 1 in the middle (10 balls inside). 1 team/corner nest. Players are numbered off. Teacher calls number and allocated players run to middle, grab a ball and return it to their nest. Can then steal from other nests. Progress onto throwing. Players must throw from oppositions nest to their own nest.</p>	<p>Interceptor Three players stand on 3 of the 4 corners of a square, with an interceptor in the middle. Players change roles frequently. (Play in groups of 4.) 4 cones, 1 Ki (ball) per group. Players can only pass to a corner adjacent to theirs but not across the square. Players without the Ki can lead to a corner next to their own to receive a pass or provide an option. The interceptor must be at least 1 metre from the thrower. Easier: » The interceptor cannot move until the pass is thrown.</p>	<p>Hit the Tupu Groups of 4. Three attackers (taniwha) and one defender of the Tupu. The taniwha will try and hit the tennis balls off the cones. Set up: Each group will put 3 cones with tennis balls on top (Tupu) inside a hula hoop. The defender must try hard to defend the Tupu. Once all the balls are knocked off change defender.</p>	
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