



TOP Games

Invasion

Moving with a ball

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Passing and receiving

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- 4 1-2-3-4

Passing and receiving with a defender

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Team games with different scoring and playing zones

- 9 3 hoop ball
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S Space

Where is the activity happening?	Level (height)	Low/high barrier. Low/high shot.
	Direction	Forwards, backwards, sideways, up, down.
	Pathways	Straight, diagonal, curved, zig-zag, circular.
	Personal/General	In, out, over, under, cross.
	Area	Bigger/smaller, free/defined, different starting points.
	Distance	Short/medium/long, between points/people.

T Task

What is happening?	Rules	More/fewer.
	Roles	Allocate specific roles or rotate.
	Targets	More/fewer, closer/further away, score points, larger/smaller.
	Actions	More/fewer, specific/free-choice, order, single/combined, different body parts/sides of body.
	Dynamics	Vary speed.

E Equipment

What is being used?	By type			By varying	
	Balls	Ropes	Stopwatch	Size	Environment
	Bats	Cones	Whistle	Shape	Play surface
	Hands	Rubber lines	Flags	Colour	In/outdoor
	Bells	Hoops	Beanbags	Texture	
	Feet	Bench		Weight	
	Canes	Koosh ball			

P People

Who is involved?	People working:	People with:	People in:
	independently in groups in pairs in teams with friends.	different/same roles different/same ability different/same size.	own space big spaces small spaces restricted space open space.

Invasion games...

Treasure Chest

1



How to play

- ▶ Number of players: eight split into four teams of two. All teams play against each other.
- ▶ One at a time, run to the middle, collect a piece of equipment and take it back to the home area.
- ▶ Only collect one piece of equipment at a time.
- ▶ When the area in the middle is empty, work together to put the piece of equipment back and play again.
- ▶ When children are used to the game allow them to take piece of equipment from other home areas when the middle is empty.
- ▶ Children must then run clockwise to get back to the home area.

STEP

- S** Reduce/increase the distance from the centre to the corner.
- T** Travel with/pass the piece of equipment.
- E** Same/different size.
- P** Unrestricted movement/introduce a defender.

Safety: Ensure the middle area is large enough so players do not bump heads. Ensure children have a signal to stop. Ensure piece of equipment in the home areas are not defended.

Equipment: 15-20 pieces of equipment of different sizes. Safety markers.

Skills

Example

Thinking Me

Investigate	Which pass is the most appropriate to use according to the distance away from hoop? Why?
Create	Invent a practice to help improve the skills needed to play this game and teach it to someone else. How will this practice help improve the skills?
Compare	Why can some children turn quickly?
Make a reasoned decision	How will the rules have to be adapted depending on the type of equipment you are playing with?

Social Me

Play fairly	What can we do to make sure we are being fair to others? Why is playing fairly important?
Take turns	How can we ensure that everyone has a turn? Why would we want to ensure that everyone has a turn?
Praise	How did you congratulate each other? Why do you think congratulating others is important?
Motivate	How can we motivate our team-mates? Why would we motivate team-mates?

Healthy Me

Understand the effects exercise has on the body	How does your appearance change during exercise? Why?
Recognise the need for good hygiene	Why is it a good habit to change your clothes when exercising?
Recognise why keeping hydrated is important when exercising?	If we sweat during exercise what must we do to replace the moisture? Why is this important?
Cope with failure	How can you use your defeat to your advantage?

Physical Me

Move with agility	How do we avoid collisions when taking balls from other home areas?
Maintain balance	When waiting ready to move, what should we be looking at and why?
Co-ordinate actions	How can we make sure we are aware of where others are in the space? Why is this important?
Improve accuracy/ fluency/ control/ consistency	When travelling how can we keep control of the ball and how will this improve our performance?

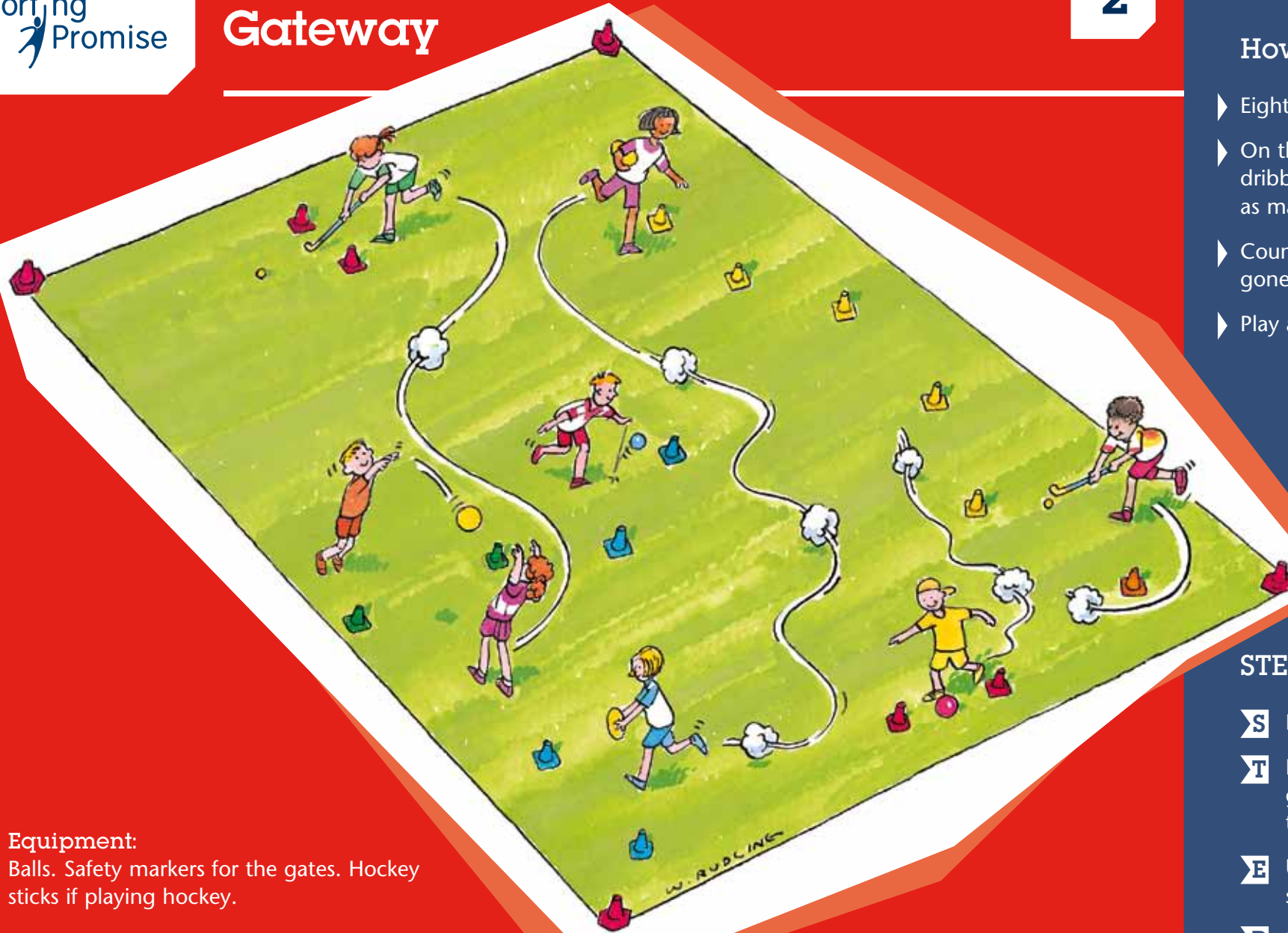
Invasion games...

Gateway

2

How to play

- ▶ Eight players in each area.
- ▶ On the signal to start, each player dribbles/runs with the ball through as many different gates as possible.
- ▶ Count the number of gates gone through.
- ▶ Play again to improve the score.



Equipment:

Balls. Safety markers for the gates. Hockey sticks if playing hockey.

Safety:

Ensure children are aware of others and lift their heads as often as possible. Ensure there is enough space.

STEP

- S** Make gates wider/narrower.
- T** Follow ball through gate/run around gate to receive.
- E** Use any route/follow specified route.
- P** Partner supporting/blocking gates.

Skills

Example

Thinking Me

Judge	Which is the shortest route?
Investigate	What is the most effective way to approach a gate? Why is this important?
Peer evaluate	How can your partner improve their performance?
Compare	How will you decide if your partner's advice will enhance your performance?

Social Me

Give constructive feedback	How can you make your feedback positive? Why is this important?
Respond appropriately	If you disagree with your partner's advice what is the best way to respond? Why?
Negotiate	If you arrive at a gate at the same time as someone else, how will you decide who goes through first?
Support	If someone is getting frustrated with their performance how could you support them?

Healthy Me

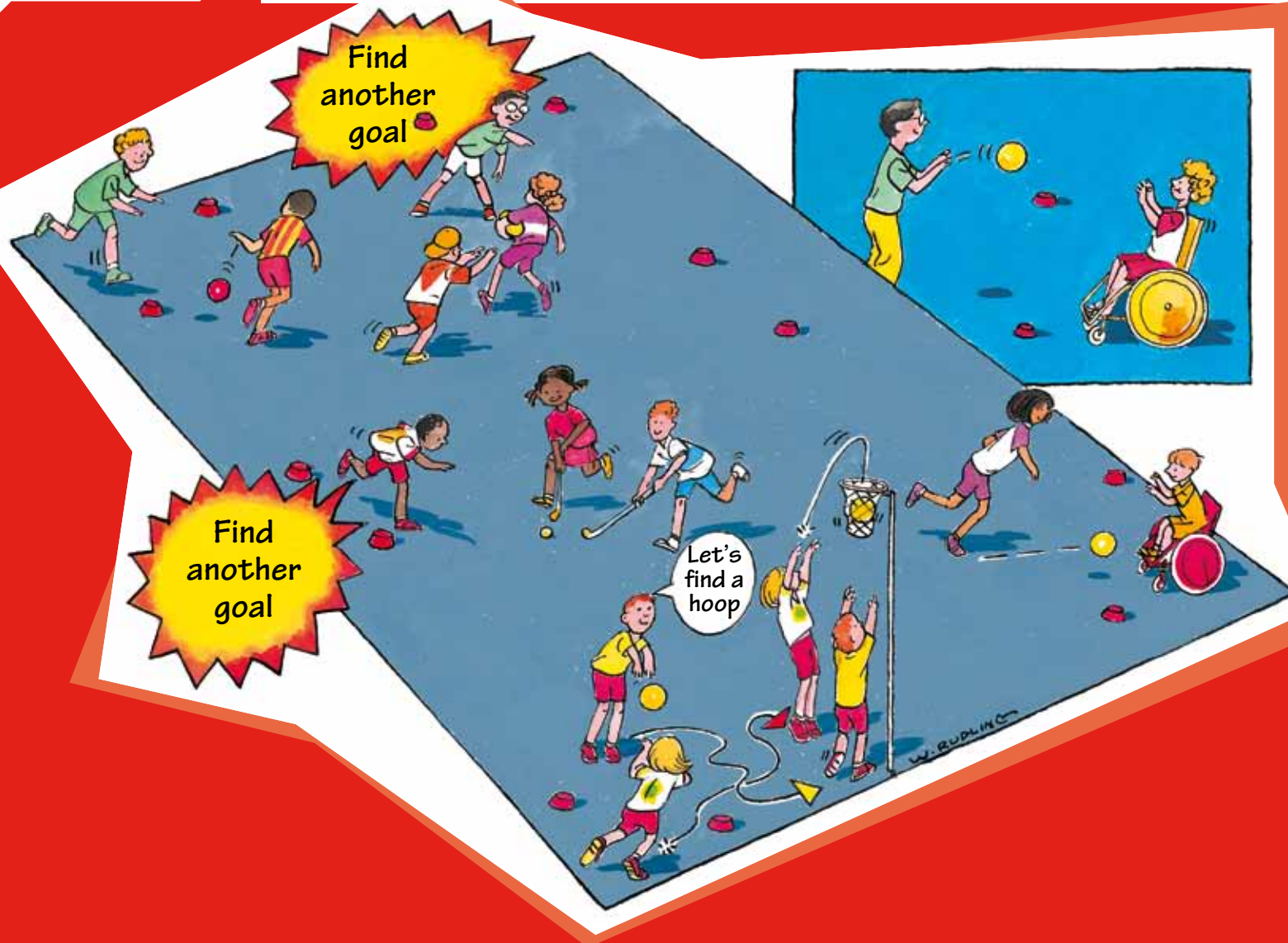
Persevere	How can practice help you improve?
Stay safe	How can you prevent collisions? Why is this important?
Understand the effects of exercise on muscles	Which muscles do you use when playing this game? How do you know?
Understand how to warm up	How can you prepare your muscles to play this game?

Physical Me

Move with agility	How can you make a quick start?
Maintain balance	Why is it harder to maintain balance when changing direction?
Co-ordinate actions	How can you move so you can both see the ball and look ahead?
Improve accuracy/fluency/control/consistency	How can you keep the ball under close control when moving through the gates?

Invasion games... Find a goal

3



Safety: Set out an extra pair of markers to avoid some pairs going for the same goal. Move round the course in one direction at first. Ensure children have a signal to stop.

Equipment: One ball per pair.
Safety markers for the goals and area.

How to play

- ▶ 10 players in pairs.
- ▶ Each pair sets out two markers of the same colour, 1m apart, anywhere in the area.
- ▶ Practise passing the ball between the two markers to each other.
- ▶ Continue by scoring a goal through one pair of markers and then moving to another pair to score through them.
- ▶ The course is completed when a goal has been scored through each pair of markers.
- ▶ When this has been tried, pick two players who block goals and shout 'find a goal' to players approaching, who then have to find another goal.
- ▶ For netball and basketball use a hoop or basket.
- ▶ After going through two to three goals, players move to the hoop and score.

STEP

- S** Bigger/smaller area.
- T** Move in one/any direction.
- E** Bigger/smaller goals.
- P** Unrestricted movement/introduce a defender.

Skills

Example

Thinking Me

Plan	Develop a plan to find the best way around the area. How will this help?
Create	Invent a practice to help you play this game better and describe it to another pair. Why would this practice help you play the game better?
Predict	Which gates will be the most difficult to navigate? Why?
Investigate	What speed of pass would be the most appropriate? Why would the speed of pass make a difference?

Social Me

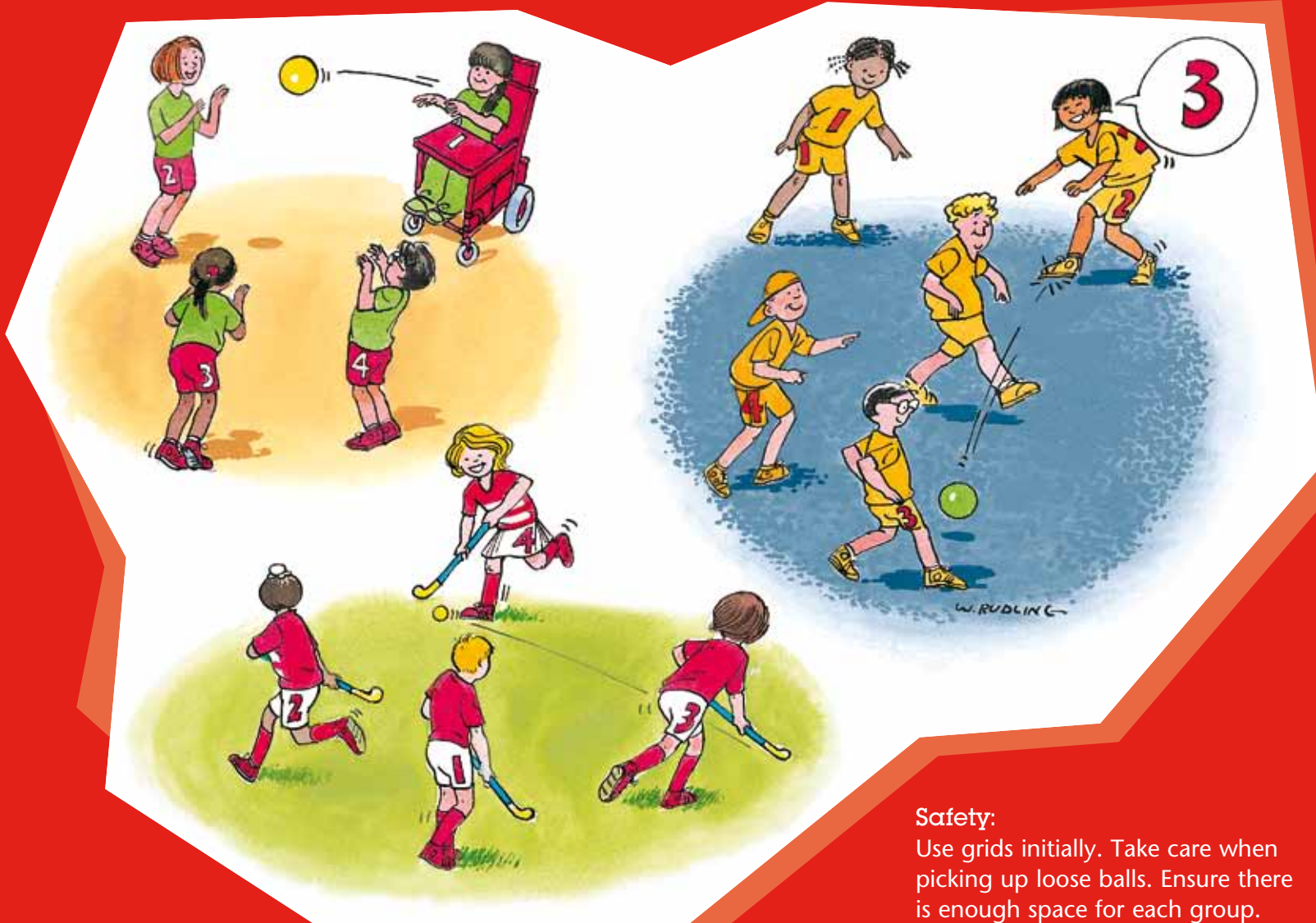
Negotiate	Who is in the best position to choose the next goal, the passer or receiver? Why?
Be an effective team player	Describe what makes an effective team player. How does this help the team's success?
Take turns	How can you ensure that everyone improves their skills as passer and receiver? Why is this important?
Support	How can you support other pairs playing the game alongside you? Why would you want to do this?

Healthy Me

Understand the purpose of a cool down	What is the purpose of pulse-lowering activities? Why is this important?
Understand the importance of cooling down	Explain how you should feel after a cool down and why?
Understand how to cool down	Describe the other components of a cool-down. Why are these important?
Perservere	What can you do if you find one or more of the gates more difficult than the rest?

Physical Me

Move with agility	How do you avoid colliding with others?
Maintain balance	Describe how you maintain balance when changing direction and why is this important?
Co-ordinate actions	Judge which is the best hand(s) or side of the body to receive the ball. How does this affect your performance?
Improve accuracy/fluency/control/consistency	What can you do when you receive the ball to help you keep moving? Why would you want to keep moving?



How to play

- ▶ In groups of four or five numbered one to four or five.
- ▶ The ball is passed in order from one to two to three to four to one to two etc. in a marked area.
- ▶ Practise initially with players standing still.
- ▶ When players have practised, they must move into a different space once they have passed the ball.
- ▶ Remove the markers and allow two or three groups into the same area and continue the practice.

STEP

- S** Move closer together/ further apart.
- T** Stand still and pass/ move and pass.
- E** Softer, lighter/harder, faster ball.
- P** No interceptor/interceptor.

Safety:

Use grids initially. Take care when picking up loose balls. Ensure there is enough space for each group.

Equipment:

Balls. Safety markers. Hockey sticks if playing hockey.

Skills

Example

Thinking Me

Problem solve	How can you keep a clear path between sender and receiver? How does this help your team?
Self-evaluate	What happened to your technique when you were trying to make as many passes as you could in 30 seconds and why?
Set targets	What can you do as a team to beat your last score?
Set personal goals	How could you challenge yourself? Why is it important to set yourself a target?

Social Me

Communicate	How can you let others know when you are ready to receive the ball? Why is this important?
Negotiate	Decide who will be number 1, 2, 3, and 4. Why is it important to listen to everyone's views when making this decision?
Be an effective team player	How can you be an effective member of the team?
Praise	How did you congratulate each other? What effect do you think it had?

Healthy Me

Understand the importance of warming up	How should you feel after warming up and why?
Make an informed choice to take part in physical activity	What makes this activity fun?
Persevere	How can we tell if someone is determined to get better?
Cope with success and failure	Why should we congratulate the winning team?

Physical Me

Move with agility	How can you avoid collisions when moving?
Maintain balance	How can you retain body control when moving to receive the ball? Why is this important?
Co-ordinate actions	How can you make the ball go quicker when passing?
Improve accuracy/fluency/control/consistency	How can you improve the accuracy of your throw?

Invasion games...

Fives

5

How to play

- ▶ Two teams of four or five players.
- ▶ Attacking team spreads out over the area (one third of a netball court).
- ▶ One player from the opposing team starts to defend.
- ▶ After five successful passes the attackers score a point and another defender joins in.
- ▶ Continue until all the defenders are on court.
- ▶ If the ball is intercepted before five passes an extra defender comes on and play continues.
- ▶ Play until all the defenders are on court and then swap roles.



STEP

- S** Area smaller/bigger (defenders).
- T** Interceptor can touch ball/ must catch ball.
- E** Larger/smaller ball.
- P** Start with less/more attackers.

Safety: Ensure players are all aware of each other's movement capabilities. Leave enough space between groups. Adjoining groups should have a different direction of play.

Equipment: Balls. Safety markers.

Skills

Example

Thinking Me

Study	What tactics did you find most effective for beating the defenders? Why?
Plan	How can you use your time effectively whilst you are waiting to defend?
Self-evaluate	How could you improve your team's performance?
Explore	How can you deceive your opponents?

Social Me

Communicate	How can you show you are ready to receive a pass?
Co-operate	How can you ensure you do not go for the same ball when defending?
Collaborate	How did you decide the order of when each defender joined in?
Take turns	Why is it important for each team to have a turn at both attacking and defending?

Healthy Me

Identify what they enjoy about different activities	Which role did you prefer? Why?
Understand intensity	Are there any differences in the exercise intensity required between the different roles?
Take responsibility	If you miss the ball, how do you react? Does this help?
Demonstrate self-control	How can we celebrate winning without disrupting the game?

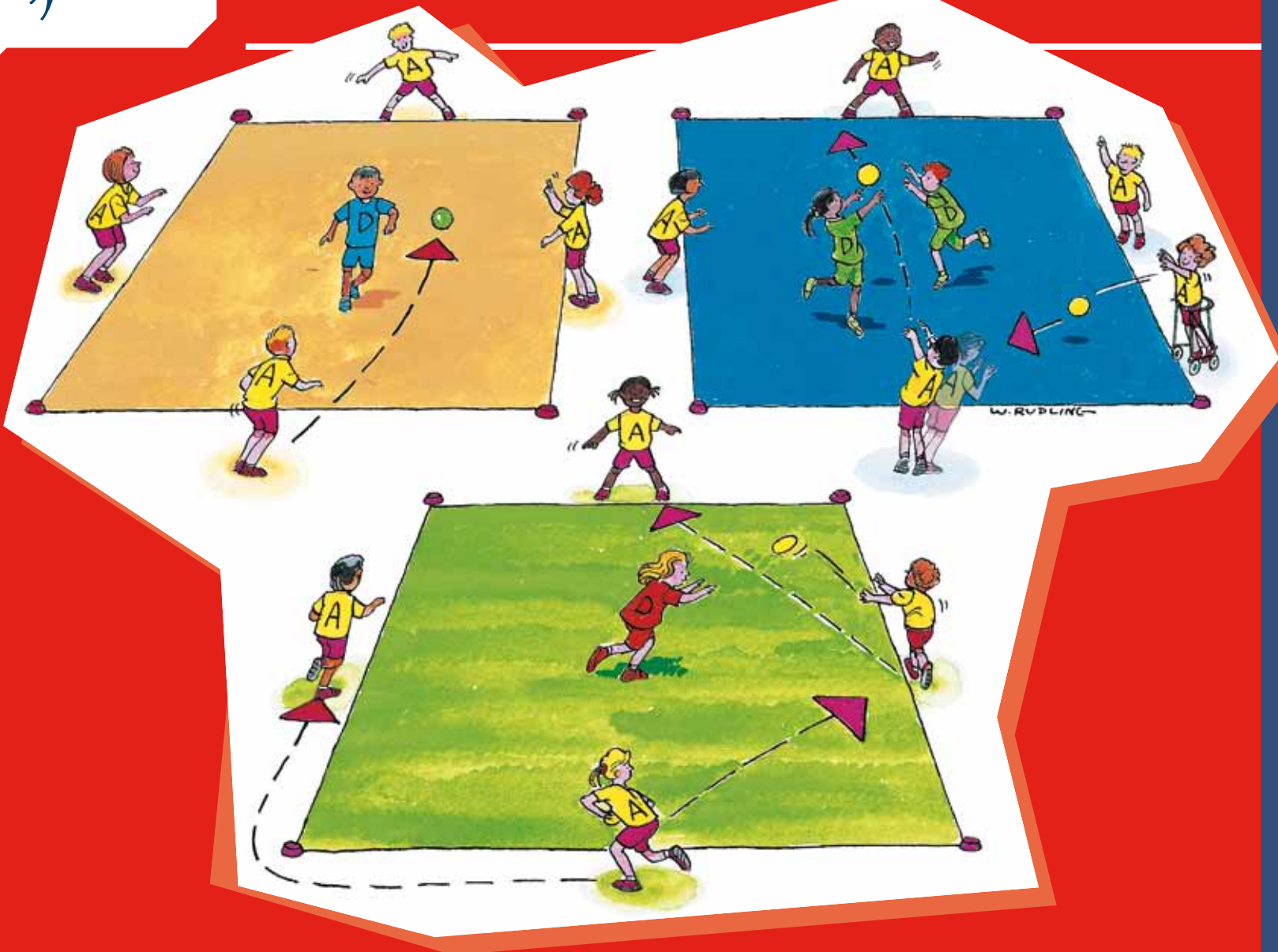
Physical Me

Move with agility	How can you get away from a defender?
Maintain balance	What is the most effective body position in which to receive the ball?
Co-ordinate actions	How do you shadow the attackers when you are defending? Why do you find this effective?
Improve accuracy/fluency/control/consistency	What will help make an accurate pass?

Invasion games...

4v1

6



How to play

- ▶ Start with five players.
- ▶ Use an area approx 9m x 9m.
- ▶ Four attackers stay outside the area. Defender must stay inside the area.
- ▶ Attackers score a point when they make a successful pass across the area.
- ▶ Change the defender every minute.

STEP

- S** Increase/decrease area.
- T** Play 1-2-3-4 in square/ randomly.
- E** Slower/quicker ball (defenders).
- P** More/less defenders.

Safety: Ensure the defender does not get too close to the attackers. Leave enough space between each group.

Equipment: Balls. Safety markers. Hockey sticks if playing hockey.

Skills

Example

Thinking Me

Problem solve

How can you deceive the defender?

Make reasoned decisions

How could you change the game to challenge the attackers?

Predict

How could you change the game to make it easier for the defender?

Create

What practice could you do to help you improve playing this game?

Social Me

Empathise

Why is it important to change the defender each minute?

Value

Even if the defender does not intercept the ball why is it important to congratulate their efforts?

Communicate

How can you show you are ready to receive the ball without alerting the defender?

Be patient

How did you react when a team-mate missed the ball? Why?

Healthy Me

Understand intensity

Which role was the most physically intense?

Make positive self statements

Which role were you best at? Why?

Understand why everyone likes different activities

Why did you like or dislike this game? What would make it more enjoyable for you?

Make an informed choice to take part in physical activity

What makes this activity fun?

Physical Me

Move with agility

Where is the best place for the defender to stand to be able to move quickly to intercept the ball?

Maintain balance

What is the best body position for the defender to adopt? Why?

Co-ordinate actions

Which are the best passes to use and when?

Improve accuracy/fluency/control/consistency

How can you make your passes more accurate?

Invasion games...

Find that space

7

How to play

- ▶ Six players in two teams, attackers and defenders.
- ▶ Defenders must defend only their own zone.
- ▶ Defenders can mark and intercept but not tackle.
- ▶ Attackers start with a pass from their end line trying to dribble and pass to each other to beat each defender in their zone.
- ▶ Attackers score one point each time they get through a zone. Defenders score two points each time they regain the ball.
- ▶ Allow attackers to have two or three turns to practise and then change roles after discussing how the game was played.



Safety: Ensure players can move backwards comfortably. Enforce the rule of no tackling. Leave enough space between groups.

Equipment: Safety markers. Hockey sticks if playing hockey.

STEP

- S** Area wider/narrower.
- T** Free/limit time.
- E** Slower/quicker ball.
- P** Defenders can go into adjacent zone/only defend own zone.

Skills

Example

Thinking Me

Make a reasoned decision	How can you show you are ready to receive the ball? Why would you show you are ready?
Evaluate	Determine the best place to be to receive a pass. Why is this the best place?
Analyse	How can you use the whole playing area to your advantage?
Plan	What will help you determine which pass to use?

Social Me

Collaborate	Establish the rules of the game. Why did you make these choices?
Negotiate	Decide when to change roles. How did you come to an agreed decision? Why is this important?
Communicate	How can you communicate to your team members? Why is this important?
Be an effective team player	What techniques can you use as a team to achieve success?

Healthy Me

Understand the effects of exercise on breathing	What happened to your breathing during the game? Why?
Understand the health benefits of playing games	Why do people play games?
Understand that everyone enjoys different activities	What did you like or dislike about this game?
Be autonomous	What changes could you make to the game to make it more enjoyable?

Physical Me

Move with agility	What can you do to change direction quickly? When would you want to change direction quickly?
Maintain balance	What position should you adopt so that you are ready to receive the ball and move off quickly? Why?
Co-ordinate actions	When is the best time to throw/strike the ball? Why?
Improve accuracy/fluency/control/consistency	What can help you hit your intended target? Why?

Invasion games...

Zone passing

8

How to play

- ▶ Two teams of four, attackers and defenders.
- ▶ On the signal to start the attackers try to pass the ball to each other across the zones without the defenders intercepting.
- ▶ Attackers can dribble the ball to make space for a pass.
- ▶ Attackers and defenders must stay in their zones.
- ▶ Defenders must not make contact when defending.
- ▶ Both sides take turns to be attackers for one minute.

STEP

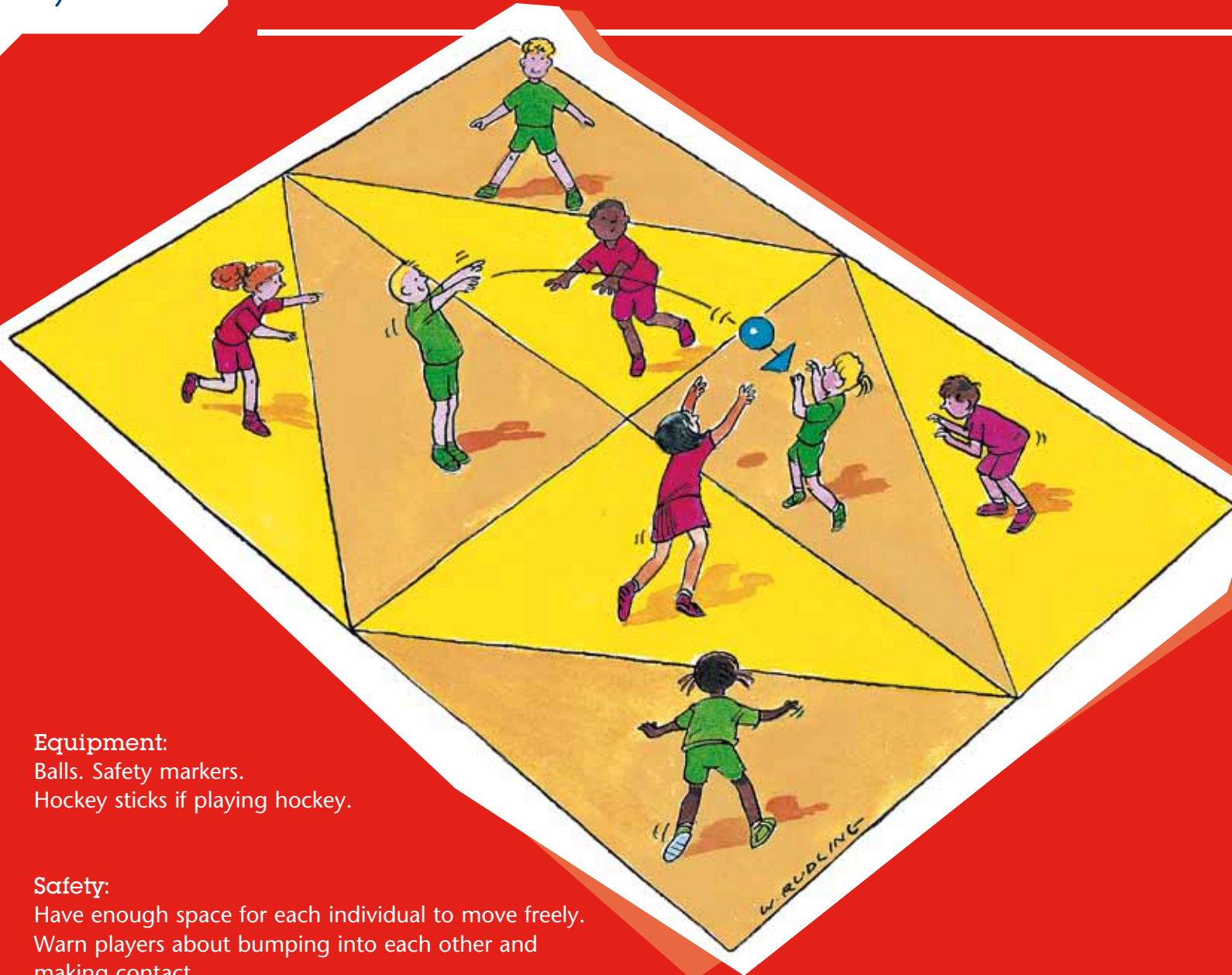
- S** Larger/smaller zones.
- T** Any/specify pass.
- E** One/two balls.
- P** 2v1/1v1 in zone.

Equipment:

Balls. Safety markers.
Hockey sticks if playing hockey.

Safety:

Have enough space for each individual to move freely.
Warn players about bumping into each other and making contact.



Skills

Example

Thinking Me

Problem solve	How can you keep a clear path between sender and receiver? Why does this help?
Explore	How can you deceive your opponents?
Create	What practice could you use to help you with this game?
Self-evaluate	How could you challenge yourselves?

Social Me

Take turns	Why is it important to take turns being attackers and defenders?
Communicate	How can you show you are ready to receive a pass?
Negotiate	How will you decide the most appropriate time for a time-out?
Collaborate	How can you ensure you use your time-out effectively?

Healthy Me

Identify what they enjoy about different activities	Why do you like/dislike playing this game?
Understand intensity	How could you change the game to make it more intense physically?
Ask for help	If you need help why is it important to ask someone for help?
Make positive self-statements	What were you best at in this game?

Physical Me

Move with agility	How can you get away from a defender?
Maintain balance	What is the most effective body position in which to receive the ball?
Co-ordinate actions	How can you ensure that you remain in your zone?
Improve accuracy/fluency/control/consistency	What will help make an accurate pass?

Invasion games...

3 hoop ball

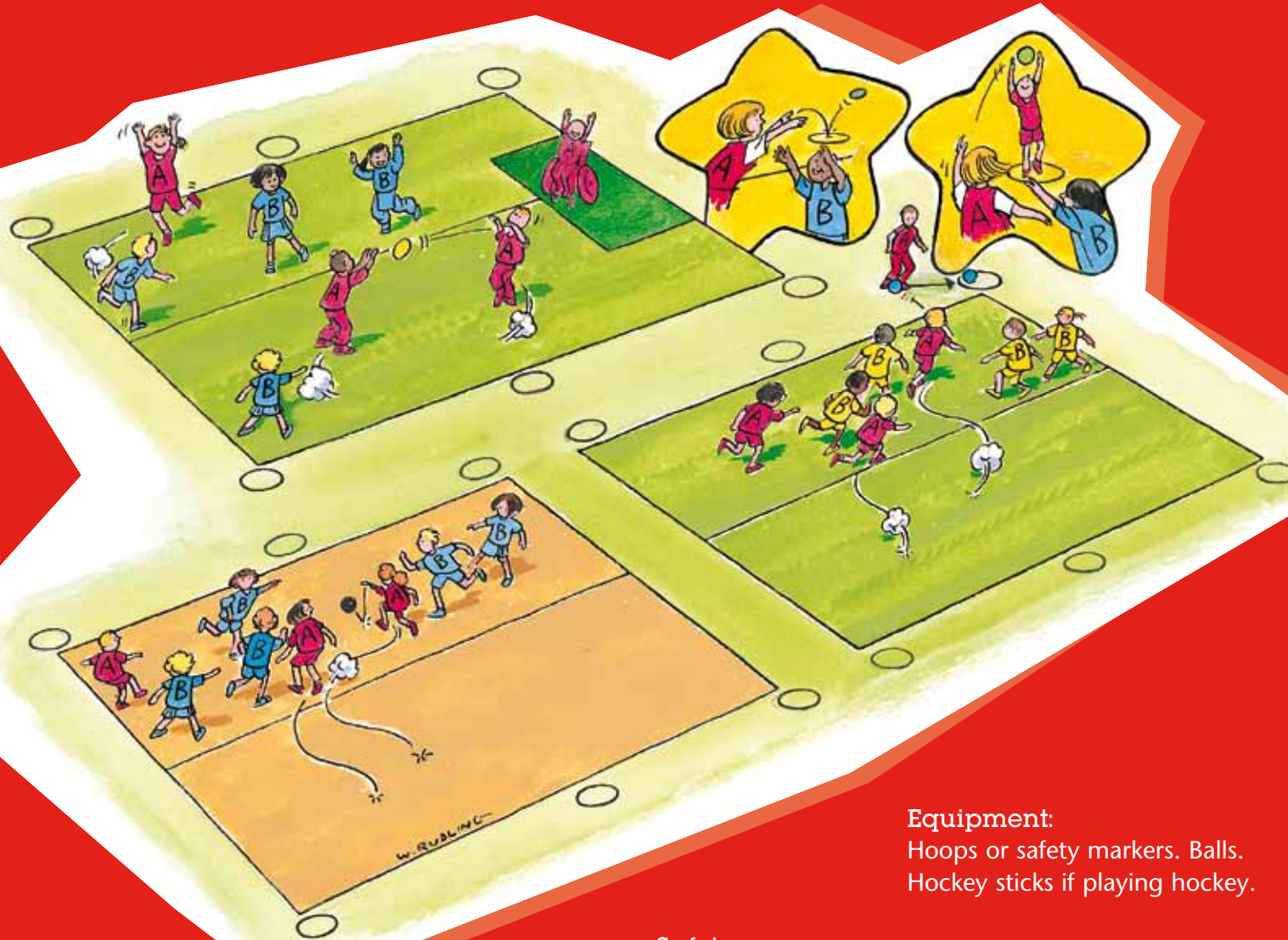
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How to play

- ▶ Two teams of four.
- ▶ Start with a pass-in from the end or back line.
- ▶ Bounce the ball in any of the three hoops in the opponent's half of the area to score.
- ▶ Players must defend without making any contact with the attackers.
- ▶ Play two 10-minute halves.
- ▶ Use half time to talk about the first half and make plans for the second half.

STEP

- S** Increase/decrease area.
- T** Any player can/different player must score each time.
- E** More/less goals.
- P** Smaller/larger sides.



Equipment:
Hoops or safety markers. Balls.
Hockey sticks if playing hockey.

Safety:
Ensure there is enough space for the game and between groups. Reinforce the no tackling rule. If hoops slip use safety markers.

Skills

Example

Thinking Me

Plan	What was your game plan? Why?
Predict	Which will be the most effective places to position the defenders? Why?
Explore	Where did you stand/move to when attacking/ defending? Why?
Problem solve	How can you deceive the defenders?

Social Me

Be an effective team player	How did you work together to defend effectively?
Praise	Did you congratulate each other? What effect do you think it had?
Support	How can you help each other improve? Why do this?
Empathise	How does it feel when you miss a goal? What would make you feel better?

Healthy Me

Be patient	How do you react when a team-mate misses a goal? Why?
Take the initiative	If you see a chance to score what could you do?
Be confident	How do you know if you made the right decision?
Understand intensity	How can you measure how intense this game is?

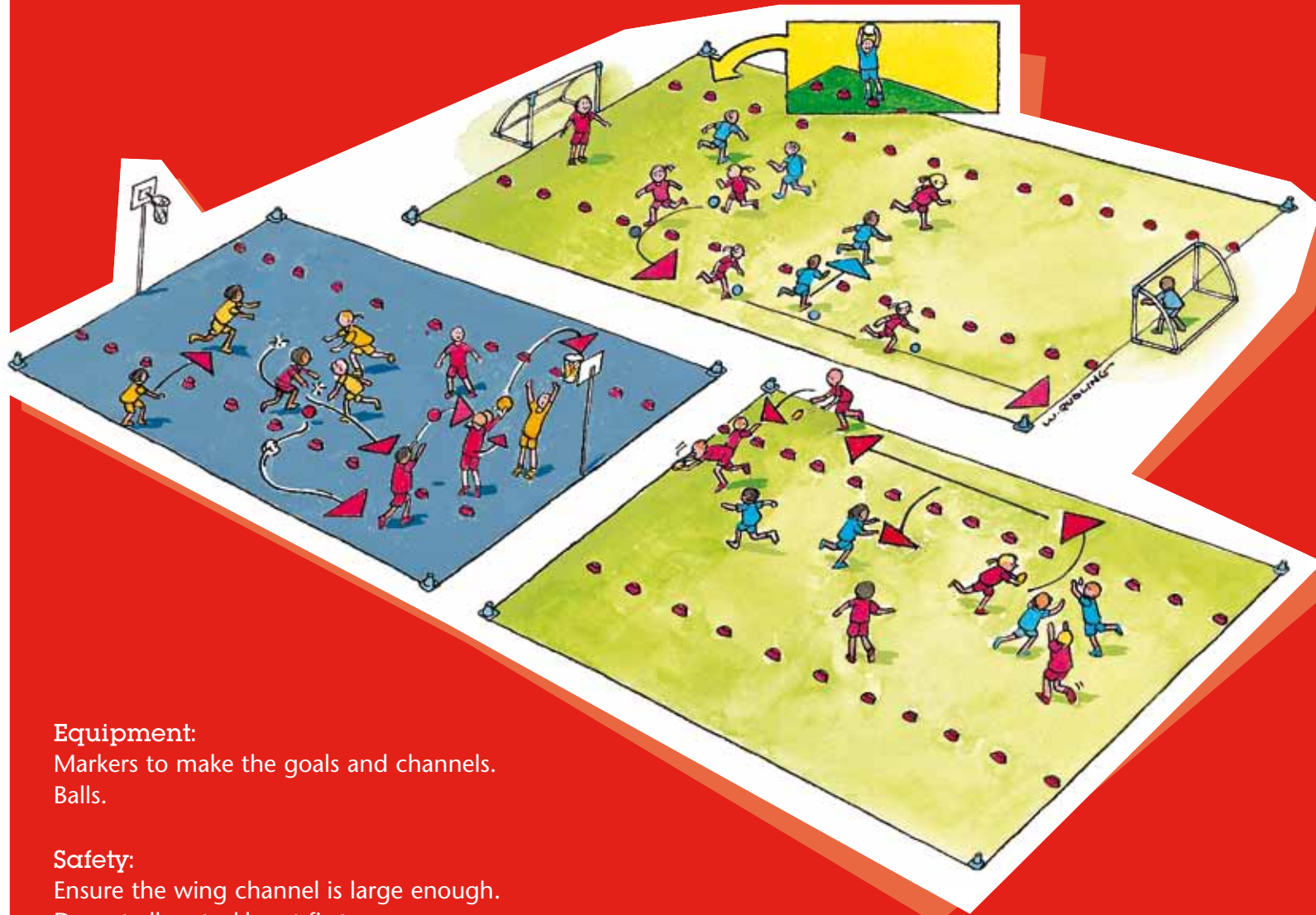
Physical Me

Move with agility	How can you move quickly around the playing area?
Maintain balance	How can you retain body control when moving to receive the ball? Why is this important?
Co-ordinate actions	Which different passes could you use to get the ball past a defender and when would you use them?
Improve accuracy/fluency/control/consistency	What can help you make a more accurate shot? Why?

Invasion games...

The wing game

10



Equipment:

Markers to make the goals and channels.
Balls.

Safety:

Ensure the wing channel is large enough.
Do not allow tackles at first.

How to play

- ▶ Five players per team, including a goalkeeper.
- ▶ Pitch marked out with 1.5m channels down each side.
- ▶ When a player moves into the wing zone or is passed the ball while in the wing zone all other players must move out of the zone, leaving the player alone to run with the ball.
- ▶ Encourage players to pass or take the ball into the wing zone.
- ▶ Players cannot be tackled in the wing zone.
- ▶ Players cannot score from the wing but must pass the ball back into the field of play for someone else to score.

STEP

- S** Make channel wider/narrower.
- T** Unlimited/restricted time in channel.
- E** Use modified ball, e.g. bell or brightly coloured.
- P** Specified players only/defender allowed in channel.

Skills

Example

Thinking Me

Make reasoned decisions	What are the advantages of using the wing channel?
Problem solve	How will you defend the player in the wing channel?
Plan	How will you organise your team to make best use of the channels?
Create	What practices could you use to help you with this game?

Social Me

Communicate	How can you show you are ready to receive the ball?
Support	How can you support your player in the channel against defenders?
Take turns	Why is it important to rotate roles?
Be an effective team player	How can you be an effective team player?

Healthy Me

Be committed	How do you know if someone is committed to improving their performance?
Understand the effect of exercise on the heart	In which role was your heart working hardest? Why?
Understand how to cool down	How will you return your heart rate to normal at the end of the game?
Understand the importance of cooling down	Why is it important to return your heart rate back to normal?

Physical Me

Move with agility	How can you move to beat defenders?
Maintain balance	What is the most effective body position for a goalkeeper to be in to save the ball? Why?
Co-ordinate actions	How can you shadow the opposing players when you are defending?
Improve accuracy/fluency/control/consistency	How will you keep the ball within the channel area?