





Concept: Attacking and Defending in Invasion Games

The big picture: Invasion games are usually fast-paced, and focus on **teamwork, keeping possession, attacking, and defending**. In Year 9 we build on our prior attacking and defensive skills and continue to develop strategies to outwit the opposition and collectively succeed. Our focus is upon the application of skills and understanding in a mini or full game situation and decision making, attacking and defensive set plays and the roles of specific positions. Students will also develop their understanding of rules and their ability to lead and officiate each other. **Key Concepts: Attacking and Defending. The value of PE for Life and Physical Health.**



Physical Literacy -Set plays and knowledge of positions and roles

<p>Football</p> 	<p>Corners– taken by the attacking team after the defending team has hit the ball off the back line. Free kick– restart the game after an infringement has occurred (direct/indirect). Goal kicks – are taken by the defending team after the attacking team has hit the ball off the back line. Penalty kick – awarded to the attacking team for a foul in the penalty area.</p> <p>POSITIONS AND ROLES: There are 11 players on a football team. This usually consists of 1 GK, 2 Full backs, 2/3 centre backs, 2 wide midfielders a defensive midfielder and an attacking midfielder, 2 wingers and 1/2 strikers. GK organises the defence and uses their hands to stop goals. Full backs – mark opposition wingers, make overlaps and take throw ins. Centre backs – shut down the attack and bring the ball out from the back. Midfielders – break up play and support both the attack and defence. Wingers put in crosses and create goalscoring opportunities. Strikers – score.</p>
<p>Rugby</p> 	<p>Rucks -occur during open play when a player is tackled to the ground and the ensuing competition to drive over the top of the ball by players. Mauls - allow players to compete for the ball when a tackle occurs and the tackled player remains on their feet. A minimum of 3 players are involved. The maul must always be moving towards one side or the others goal line. Scrums – a way of restarting play after a stoppage caused by a minor infringement of the rules (for example, a forward pass or knock-on). Line-out - a way that play is restarted after the ball has gone into touch.</p> <p>POSITION AND ROLES: There are 15 players on a rugby team consisting of 8 forwards and 7 backs. The forwards are the players in the scrum and consist of the front row – loose head, tighthead prop and hooker, they push at scrums and clear at rucks. The second row is made up of 2 players who jump in line-outs, push in the scrum and protect and turnover balls. The back row of the forwards consists of 3 players, 2 flankers and the number 8. They are powerful and mobile and effective tacklers. The backs are made up of 7 players. They include the scrum half, fly half, 2 centres, 2 wings and the fullback, they are more lightly built and faster and skilful at passing and kicking.</p>
<p>Hockey</p> 	<p>Short corner- a penalty given against the defending team for an infringement in the penalty circle or a deliberate infringement within the 23m area. Long corners –how play is restarted after the ball has gone off the back line. It is taken from a spot on the side-line 5 yards from the corner flag on the side of the field where the ball crossed the backline. 16yd hits -when the attacking team sends the ball out of bounds over the backline, the game is re-started with a self-pass or hit at the 16-yard line by the defence.</p> <p>POSITIONS AND ROLES: There are 11 players on each team – 10 outfield players and 1 GK. Formations include attackers, midfielders, defenders, and goalkeepers. The attackers are the main goal scorers and include wings, inside forwards, and a striker. The midfielders contribute to attack and defence. The defenders are primarily responsible for defence. The deepest defending back may be used as a sweeper. The GK is the last line of defence and is the only player allowed to touch the ball with their body, but they can only do this within the shooting circle.</p>
<p>Netball</p> 	<p>Centre pass – starts the game or restarts play after a goal. The first centre pass is decided between the two captains by the toss of a coin. The centre passes then alternate between the teams. Taking free passes and penalties -You have 3 seconds from getting the free pass/penalty in which to take it – they happen from where the offence has taken place. Backline routines, centre pass routines– set routines for attacking and defensive plays.</p> <p>POSITIONS AND ROLES: There are 7 players on a team; Goal Shooter -To score goals and to work in and around the circle with the GA. Goal Attack-To feed and work with GS and to score goals. Wing Attack -To feed the circle players giving them shooting opportunities. Centre -To take the centre pass and to link the defence and the attack. Wing Defence -To look for interceptions and prevent the WA from feeding the circle. Goal Defence-To win the ball and reduce the effectiveness of the GA. Goal-Keeper-To work with the GD and to prevent the GA/GS from scoring goals.</p>
<p>Role of officials</p>	<p>To communicate effectively with others, possess a basic understanding of the main rules and signals of each game. To keep time and the score, adhere to the rules and ensure players are safe</p>

Life Skills

Responsibility
Giving your best effort, behaving appropriately, and leading by example. Being proactive and independent and making things happen.

Interpersonal skills
Working well, communicating, and interacting with others.

Honesty and fair play.
Fair play is about learning the rules of the game and putting them into practice honestly. Admitting fouls and helping others

Leadership
Setting an example to others. Getting the best out of individuals. Being able to motivate and boost the morale and confidence of your team.

Health and Wellbeing

Invasion games are an effective way of improving physical fitness. Regular exercise will tend to reduce the weight of the body. This is because fat stores are used to supply the glucose the body needs for energy. Depending on the type of exercise you do, certain component of fitness may be developed for example your cardiovascular endurance will improve if you are a midfielder.

Long term benefits of exercise: *Control weight * Reduce risk of illnesses/diseases such as reduce risk of type 2 diabetes and obesity *Strengthen bones and muscles *Improve mental health and mood *Improve your ability to do daily tasks * Increase your chances of living longer.