


Concept: Attacking and Defending in Invasion Games

The big picture: Invasion games are team games in which we try to invade the other team’s space. There are normally two teams, two goals and the idea is to outscore the opposition. In Year 8 we build on our prior attacking skills of keeping possession and creating space and scoring opportunities. We also build our defensive skills to apply pressure, deny space and win the ball back. We continue to develop strategies to outwit the opposition and collectively succeed .
Key Concepts: Attacking and Defending. The value of PE for Life and Physical Health.



Physical Literacy – Motor Competence

Motor Skills	Sport Specific Skills
Passing 	Developing passing/handling skills to keep possession in attack/defence. Netball -bounce pass, shoulder pass, chest pass, overhead pass. Football -short passes, long passes (lofted/along the ground), throw-ins. Rugby - Basic pass, spin pass, pop pass, offload, off-the-ground pass, one-handed pass, reverse pass, inside pass. Hockey – push pass, drive, slap (open/reverse).
Defensive skills 	Developing defensive skills to prevent the opposition from scoring and win possession. Netball – marking, shadowing, interception. Football - tackling, jockeying, blocking, interceptions, man marking, channelling. Rugby – front, side and rear tackle. Jackling, channelling. Hockey – Jab and block tackle, marking, interceptions, closing down.
Beating a player 	To avoid the opposition, retain possession and create attacking opportunities. Netball – dodging, ball handling while stationary/in the air. Football -close control (both feet), dribbling, range of turns. Rugby – side-step, dummy, feint, swerve, change of direction, hand off. Hockey – close control, Indian dribble, give and go.
Shooting 	Developing long and short-range shooting/try scoring skills to create scoring opportunities. Netball – stationary and stepping. Football – short and long range, first time. Rugby – grounding the ball, one/two hands. Hockey -open/reverse stick. Push, Slap,

Life Skills

Managing Emotions Try your hardest but remember that sport should be fun. Be considerate to others in victory and respectful and kind in defeat	Respect Paying attention to and showing care to teammates, opponents and referees.
Supporting and encouraging Helping each other feel good and perform well.	Teamwork + Cooperation Working together and helping others so that they can succeed.



Physical Literacy – Knowledge of rules, strategies and tactics

Key Rules Netball – Start the game with a centre pass. A player is offside if they move into an area of the court not designated for their position. Any infringement results in a penalty pass or shot. Netball is played by a team of 7. Positions are GK, GD, WD, C, WA, GA, GS. You cannot replay a ball. Hockey – For a free hit your opponent must be 5m and you can self-pass. Ball out of play over the side = side-line pass, ball out of play by the defence over the backline =long corner, ball out of play by the attackers over the backline = 16yd hit. Starting the game – centre pass in any direction. There is no offside. Football - A foul results in a free kick. If the ball goes off the side-line it is a throw in. If the ball is put out of play by the defence over the backline = corner, if the ball is put out of play by the attackers over the backline = Goal kick. The game starts with a kick-off. Offside there must be a defender between an attacker and the GK. Rugby – To start the game there is a drop kick. If a player passes the ball forward or knocks it forward a scrum is awarded. If the ball goes off the side-line it is either a line-out or a quick throw in. Advantage is usually played for most offences. A player is offside if they are in front of their teammate with the ball.	Strategies common to all invasion games. Winning and keeping possession of the ball. Creating space and moving into space. Creating scoring chances. Prevent the opposition from scoring by denying space + applying pressure.
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Health and Wellbeing

Invasion games promote many different areas of fitness that keep us healthy and are needed in everyday life. Physical components of fitness include **speed, strength, power, cardiovascular endurance, muscular endurance and flexibility.** **Strength** is the ability to do things that demand physical effort, like breaking through a tackle in rugby. **Speed** is how quickly you can move, for example beating your opponent to the ball. **Power** is the combination of speed and strength for example shooting from distance in football. **Muscular Endurance** is the ability of a muscle to exert force repetitively, over time, like when a rugby player makes repeated tackles. **Cardiovascular endurance** is how well you can do exercises that involve your whole body for an extended time, like keeping up with play for the whole of a netball game. **Flexibility** is the range of motion in a joint that allows you to stretch for things, for example making a jab tackle in hockey.