



Why do we include invasion games in our curriculum?

Progression in Key Skills

Physical Development 🏃

- Fundamental movement skills: Improves running, dodging, throwing, catching, and coordination.
- Fitness and health: Builds endurance, strength, and agility through sustained activity.
- Spatial awareness: Helps children learn how to move safely and effectively in shared spaces.

Cognitive Benefits 🧠

- Tactical understanding: Children learn strategies—when to pass, move, defend, or attack.
- Decision-making: Develops quick thinking and anticipation of others' actions.
- Problem-solving: Encourages creative thinking to overcome opponents and adapt tactics.
- Understanding of rules and fairness: Promotes comprehension of structure and discipline in games.

Social and Emotional Development 🤝

- Teamwork and cooperation: Encourages communication, trust, and collaboration with peers.
- Leadership and responsibility: Offers roles (e.g., captain, referee) that build confidence and accountability.
- Resilience and emotional control: Teaches how to handle winning, losing, and managing frustration.
- Empathy and respect: Promotes sportsmanship, fair play, and respect for others.

Personal Growth and Inclusion 🌱

- Confidence and self-esteem: Success in skill execution or teamwork boosts self-belief.
- Enjoyment and motivation: Fun, engaging activities promote lifelong participation in physical activity.
- Goal setting: Children learn to set and achieve personal or team targets.

In Year 3 we:

- Move with a ball towards the goal with increasing control.
- Understand their role as an attacker and as a defender.
- Defend an opponent and try to win the ball.

In Year 4 we:

- Pass, receive and shoot the ball with increasing control.
- Work as part of a team to keep possession and score goals when attacking.
- Defend one on one and know when and how to win the ball.
- Use simple tactics to help a team score or gain possession.

In Year 5 we:

- Understand there are different skills for different situations and begin to use these.
- Move into space to help a team.
- Play in a range of positions and know how to contribute when attacking and defending.
- Pass, receive and shoot the ball with some control under pressure.

In Year 6 we:

- Pass, receive and shoot the ball with increasing control under pressure.
- Select the appropriate action for the situation.
- Create and use a variety of tactics to help a team.
- Create and use space to help a team.
- Select and apply different movement skills to lose a defender.
- Use marking, and/or interception to improve defending.



Non-Physical Skill Focus

In our invasion game units we raise the importance of developing non-physical skills. In particular, the focus is on managing emotions.

In Year 3 our targets we develop are:

- I can empathise and support others
- I enjoy competing against others at the same time
- I am getting better at coping with winning and losing

In Year 4 our targets we develop are:

- I can empathise and support others
- I enjoy competing with others in a shared space
- I can win and lose gracefully

In Year 5 our targets we develop are:

- I involve others
- I enjoy competing within different formats, e.g. round robin, ladders etc.
- I show respect for others when competing

In Year 6 our targets we develop are:

- I motivate others
- I enjoy competing within a number of different formats, e.g. knockouts, group-stage etc.
- I always celebrate others success



Enjoying invasion games?

What career could you take this enjoyment into?

Coaching & Training

- Sports Coach – Plan and deliver training for individuals or teams.
- Strength and Conditioning Coach – Develop players' fitness and performance.
- Performance Analyst – Use data and video analysis to improve tactics and performance.

Officiating & Governance

- Referee – Enforce rules and manage games.
- Match Assessor – Evaluate referees' performance.
- Sports Governing Body Official – Work for organizations like FIFA, NBA, or RFU.

Sports Science & Health

- Sports Scientist – Analyze performance and develop training strategies.
- Physiotherapist / Sports Therapist – Prevent and treat injuries.
- Sport Psychologist – Help athletes manage pressure and improve mental focus.
- Nutritionist – Design diet plans to support performance and recovery.

Management & Administration

- Event Coordinator – Organize tournaments and matches.
- Sports Agent – Manage athletes' contracts and sponsorships.

Media & Promotion

- Sports Journalist / Broadcaster – Report on matches and analyze play.
- Social Media Manager – Promote teams, players, and events online.
- Photographer / Videographer – Capture sporting action and highlights.

Education & Community Development

- PE Teacher – Teach invasion games in schools.
- Development Officer – Run programs to grow sports in communities.

Key Vocabulary

In Years 3 and 4 we develop understanding of: keeping the ball, making space, pass, send and receive, dribble (travel with the ball), shoot, back up (support partners and others in their team), make and use space, support, tactics (plan to be successful), attackers and defenders.

In Years 5 and 6 we develop understanding of: maintain possession and repossession, shielding the ball, width, depth, marking, covering and supporting, team play and team positions.

What are the key top tips to consider when we are practising?

BASKETBALL SKILLS



DRIBBLING

Keep the ball close



SHOOTING

Bend your knees

CATCHING

Use two hands

FIELD HOCKEY SKILLS



DRIBBLING

Keep the ball close



PASSING

Step toward the target



SHOOTING

Place non-stick foot next to the ball



RECEIVING

Keep stick low and ready

TAG RUGBY SKILLS



EVADING

Dodge defenders



PASSING

Pass to a teammate



TAGGING

Pull the tag when close



CATCHING

Catch with both hands

KEY SKILLS IN KS2 FOR NFL FLAG FOOTBALL

PASSING



Throw with a tight spiral

CATCHING



Focus on the ball

DEFENSIVE SKILLS



Stay between your opponent and the flag

RUNNING



Change speed and direction