









Highsted Knowledge Organiser

Physical Education

Year 7 Invasion Games

<p>What I need to know:</p> <p>Can perform a range of skills and tactics in attack and defence in isolation and within conditioned practices and competition.</p> <ul style="list-style-type: none"> • Invasion – Netball, Football, Basketball, Tag <p>Warm up, stretching, Drills and practices, conditioned games, competitive games, cool down & analysis</p>	<p>Key Vocabulary:</p>  <p>Invasion games Net/wall games Striking games Drills and practices Outwitting opponents Attack Defence Marking Dodging Leading Finding space Passing Receiving</p>
<p>Student reference point:</p>	
 <p>Watch the following clips to learn how to refine your skills.</p> <p>https://www.youtube.com/watch?v=FYS9o-MwI Throwing & catching challenge</p> <p>10 best skills for beginners in football https://www.youtube.com/watch?v=5fl248V4tIU Watch a match on TV of a game of your choice to see how professional performers use these skills to outwit their opponents.</p>	 <p>Attend extra-curricular clubs within School to develop skills and fitness further.</p> <p>Speak to your PE teacher about clubs and gyms in the wider community, we have links to athletics, hockey, cricket, netball, swimming, football and volleyball clubs. Attend live matches/games if you can as this is a great way to develop knowledge of skills, tactics and strategies</p>
 <p>Can you practice the skills from the videos you have watched from the task above in your lessons or matches to refine your own performance?</p>	 <p>Research the rules for a game of your choice. Are there any rules you would modify/remove/add in to improve the game?</p>
<p>Challenge question: Research who are the elite performers or role models for a game of your choice.</p>	
<p>Suggested reading:</p>	
<p>How to improve at football (library) Soccer drills- age 12 to 16 (library) Basketball Fundamentals (library) Netball - non fiction books in library</p> 	<p>Rebound (library) Team games - invasion games like football Game on - edited by Laura Silverman You are a champion- Marcus Rashford</p>