



PE - Knowledge Organiser

Autumn 1 – 2024/2025 - Year 1 – Invasion Games

Knowledge Organiser Invasion Year 1

About this Unit
Invasion games are games where there are two teams and two goals. Teams try to score in the opposite team's goal. Examples include football, handball, rugby, netball, basketball, hockey.

In invasion games, if your team has the ball you are called **attackers**. If your team doesn't have the ball you are **defenders**.

My team has the ball I am an **attacker**.
My team needs to score goals.
My team doesn't have the ball, I am a **defender**.
My team needs to try to stop goals.

Look at the images below, who are the attackers and who are the defenders?

Ladder Knowledge

Leading & receiving kick or push partner before sending the ball	Scrubbing moving with a ball is called scrubbing	Space looking in a good space helps you to pass the ball	Marking looking only from a partner helps your team to pass you the ball	Defending playing with someone means it's more difficult for them to receive the ball
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Physical Skills

- dribble
- shield
- catch
- kick
- receive
- run
- change speed
- change direction

Social - supporting others, communication, co-operation, leadership

Emotional - perseverance, confidence, bravery

Thinking - comparison, identifying strengths and areas for development, select and apply

Rules
Rules help you to play fairly.

Tactics
Tactics are a plan that help us to do what we want to do when playing games.

- Spread out
- Stay with a partner
- Keep the ball
- Send the ball quickly to a teammate

Healthy Participation

- Make sure any equipment not used is stored out of the way.

Home Learning
Can you name games that involve these skills at the Home Learning Action Fundamentals on www.gymnasticschool.co.uk

Touch Down
What happens when you touch down and catch?

How to play:

- Place the ball on the ground (2 big steps apart)
- One player begins to move towards the ball, while partner begins to run towards it.
- Partner with the ball attempts to score by running and placing it on top of their opponent's hands.
- If their opponent gets the game with the ball, they touch it down again or their hands.
- In this game, attempts to score that result in a touch the teacher for holding the ball with feet or hands.

Powerful Knowledge

attacker	marking
defender	points
dodge	score
goal	space

If you enjoy this unit why not see if there is a club in your local area that plays an invasion game. This could be a football, basketball, handball, hockey, netball or tag rugby club.

This unit will help you to:

- change direction quickly
- balance
- move different parts of your body at the same time
- be faster
- move far longer

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