

Y8 Invasion Curriculum Summary

Name of unit	Invasion
Why do we study this unit?	Netball & Rugby League (Invasion) are national sports. They are excellent for developing fundamental motor skills, enhancing team skills & team work. A team game that helps stimulate social skills used in everyday life.
By the end of the unit, students will be able to....	Students will develop a basic understanding of the skills used to participate in Netball and Rugby. They will learn skills, rules and tactics surrounding these sports.
Links to previous units	Pupils will learn the relevant skills, rules, fitness tests and tactics surrounding each sport within the PE curriculum. Pupils will follow this same structure throughout each sport as this builds the relevant knowledge that will maximise pupils progress and success. Additionally the sporting characteristics will be linked throughout so that pupils can adapt and demonstrate these values within school and in later life.
Key vocabulary	Self - Belief, Outwit, Opponents, Skill, Success, Respect, Gamesmanship, Sportsmanship, Etiquette, Teamwork, Cohesion, Relationships, Co - operation, Communication.
Week and summary topic	Knowledge and skills learned
1: Skill	RL: Offloading the ball, 3 Man Scrums (crouch,bind,set),Contact Bascis - Front/Side & holding up the ball. NB: Shooting (short distance), 1-2 footwork, Jump stop on the move, catching the ball in the air.
2: Rules	RL: Number of Tackles/Tags, Retreating Tackle/Tags, Restarting the game after a Knock-On/forward pass NB: Passing over a 3rd, Starting and Restarting play (Centre Pass), Court Positions (GK,GD,C,GA,GS,WA,WD)
3: Fitness	Grip Dynamometer test <ol style="list-style-type: none"> 1. Maximal and sub maximal tests 2. Intensity - Rating of Perceived Exertion (RPE) Fitness Strength training (Changing sets & reps to suit the performer)
4: Strategy / Tactics	RL: Running onto a pass

	NB: Give and Go
5: Competition	Inter House Competitions