

**Surrey School District
Physical Education Department
Invasive and Territorial Games**

Objective: To invade an opponent's territory/goal while simultaneously protecting their own territory/goal

During this unit of instruction, develop these **Fundamental Movement Skills**

Non-Locomotor Bend, curl, hold, lift, lower, pull, push, stand, stretch, reach, swing, twist, turn	Locomotor Walk, run, jump, slide, roll, stop	Manipulative Sending (strike, strike with implement, throw, kick, punt) Receiving (catch, trip)
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And Fitness Components to increase student success.

Health Related	Skill Related	
Cardiovascular Endurance	Agility	Speed
Muscular Endurance	Balance	Reaction
Muscular Flexibility	Coordination (eye-hand, eye-foot)	Power
Muscular Strength		

Classroom Connections: Life Skills Development

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| <ul style="list-style-type: none"> • How did you and your partner work together to be successful? • Do you feel as though this game challenged you? • How could you make this game more challenging for yourself? • Why is challenge important? |
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**Surrey School District
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Invasive and Territorial Games**

Activity Name: Pirates

Level of Complexity: Moderate

Participant Grouping: 2 Teams

Playing Area: Gymnasium or Outdoors

Equipment: Beanbags, hoops, pylons,

Fundamental Movement Skill: Dodging

Preparation Phase:

- ✓ From Ready Position/Athletic Stance

Movement Phase:

- ✓ Keep on the balls of your feet in order to change directions quickly
- ✓ Bend knee and push off outside foot
- ✓ Body lowered during change of direction

Follow-Through Phase:

- ✓ Shift weight towards direction of travel

Tactical Focus & Skills: Defending space, attacking opponent

How To Play:

- ✓ Define a large open space
- ✓ Each team must defend their treasures (beanbags) and at the same time try to steal more treasures without getting caught by opposing team
- ✓ Each team must have people guarding their treasures
- ✓ If a person is caught by another pirate, they go to jail and can only be freed by a fellow pirate and go back to home base
- ✓ Once a team has acquired at least 15 treasures they have won as long as they have no teammates in jail
- ✓ Once a treasure is taken, that pirate gets a free ride back to their home base
- ✓ Each team creates two chests: one for stolen treasure, one with their treasure
- ✓ Stolen treasure can not be re-stolen

Variations:

- ✓ Teams can steal back their own treasure
- ✓ Create 4 smaller groups and more territories/treasure chests

Adaptations:

- ✓ Vary the locomotor pattern

Tactical Awareness:

- ✓ What are effective ways to defend space in order to prevent the other team from stealing the beanbags?
- ✓ What are effective ways to attack space in order to steal the other teams beanbags?
- ✓ How was your team successful?
- ✓ What were some creative ways your team worked together?

**Surrey School District
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Activity Name: Chipotle

Level of Complexity: Moderate

Participant Grouping: Teams

Playing Area: Gymnasium or Outdoors

Equipment: 8 gator skin balls, 4 hoops, 3 skittles or bowling pins

Fundamental Movement Skill: Overhand Throw

Preparation Phase:

- ✓ Ready Position/Athletic Stance

Movement Phase:

- ✓ Stands sideways to target
- ✓ Throwing arm moves in a downward and backward arc
- ✓ Steps towards target area with foot opposite throwing arm
- ✓ Hips then shoulders rotate forward

Follow-Through Phase:

- ✓ Extend and release object with arm and toes pointing at target

Tactical Focus & Skills: Attacking

How To Play:

- ✓ Each group is placed into a corner of the playing area, which becomes their home
- ✓ Each group strategically places their 3 pins upright, inside their hoop
- ✓ Each group starts off with 2 balls but after the game starts may use any of the balls that come to them (total of 8 in the game)
- ✓ Groups travel into opposing team's corners and attempt to knock over other team's pins
- ✓ Balls may be thrown from any distance
- ✓ Players with the ball may not run with the ball
- ✓ If the ball is dropped, the team loses possession of the ball
- ✓ Once a team's pins are all knocked over, they may rejoin the game by retrieving any ball and passing it over/under or side/side throughout the entire team
- ✓ Pins are reset and the game continues

Variations:

- ✓ Dribbling to advance ball
- ✓ Hand pass

Adaptations:

- ✓ Downsize playing area
- ✓ Add more pins
- ✓ Restrict location of throw to target
- ✓ Limit of passes before attempted shot

Tactical Awareness:

- ✓ What made your team successful?
- ✓ What decisions did you have to make with the object?
- ✓ What decisions did you have to make without the object?
- ✓ How much time did you have to make decisions?

**Surrey School District
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Activity Name: Keep Away

Level of Complexity: Moderate

Participant Grouping: Pairs

Playing Area: Badminton Mini Court

Equipment: Any size ball (beach, gator, volleyball, foam, tennis, etc.)

Fundamental Movement Skill: Dodging

Preparation Phase:

- ✓ From Ready Position/Athletic Stance

Movement Phase:

- ✓ Keep on the balls of your feet in order to change directions quickly
- ✓ Bend knee and push off outside foot
- ✓ Body lowered during change of direction

Follow-Through Phase:

- ✓ Shift weight towards direction of travel

Tactical Focus & Skills: Moving to open space

How To Play:

- ✓ Use 1/3 of a badminton court for each 2 v 2 game
- ✓ Players attempt to move the object toward the goal by passing the ball
- ✓ Player with the object can not move
- ✓ Player with the object can only hold onto it for 5 seconds maximum
- ✓ The goal is defined by the badminton sideline
- ✓ A point is scored when the team passes the object to their teammate in the goal area
- ✓ The team scored upon initiates the next play phase

Variations:

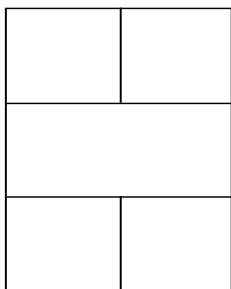
- ✓ Have defenders guard with hands behind back

Adaptations:

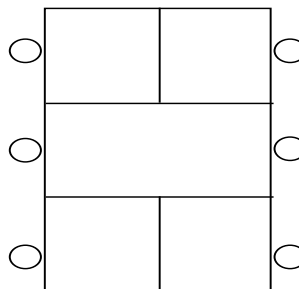
- ✓ Use balls with different sizes (bigger=harder, smaller=faster)
- ✓ Have defenders guard with hands behind back
- ✓ Decrease or increase possession time

Tactical Awareness:

- ✓ Where should you stand to try to be in position to receive the ball?
- ✓ What do you need to do to get to open space?



Full Court (4 v 4)



Cross Court (2 v 2, 3 v 3)