

Class 5 Physical Education: Mastering Invasion Games

Learning objective: To demonstrate knowledge of tactics, rules, and teamwork in invasion games.

Read each question carefully. Max and Leo are helping you think through these challenges. Write your answers clearly in the space provided.

Max the monkey and Leo the lion are playing a game of Tag-Ball in the school field. Max is focusing on dribbling the ball quickly towards the goal, while Leo is standing between the opponent and the goal to stop them from scoring. They know that working together as a team is the best way to keep possession of the ball and move it safely across the pitch.

Word bank: Attacking · Defending · Intercepting · Spatial awareness · Communication · Dribbling · Passing · Possession

1. In your own words, define what an 'invasion game' is. Give one example of a sport that fits this category. (2 marks)

2. Max is currently attacking. List two skills he might use to move the ball past a defender. (2 marks)

3. Leo is defending. Explain why it is important for Leo to maintain 'spatial awareness' during the game. (3 marks)

4. Why is clear communication between teammates essential when playing an invasion game? (3 marks)

5. Describe the difference between 'attacking' and 'defending' in terms of the team's main goal. (4 marks)

6. Imagine your team has just lost possession of the ball. Describe a tactical plan you would use to win it back safely without committing a foul. (6 marks)

7. Explain one way you can show good sportsmanship during a competitive game, even if your team is losing. (5 marks)

Draw: Draw a diagram of a pitch. Label where the 'Attacking Team' and 'Defending Team' should be positioned to show a balanced formation.



Extension challenge: Total: /25. Challenge: Write a short paragraph explaining how you would change your tactics if the pitch was muddy and the ball was moving much slower.