

Grade 7

Lesson 1

Lesson plan

Lesson theme	Invasion game	Grade	7
Duration	40 minutes	Date/week	
Context			
<ul style="list-style-type: none">Getting more physically activeThe benefits of leading a healthy lifestyle.			
Linking with previous lesson		Linking with next lesson	
N/a.		<ul style="list-style-type: none">Finding new ways to increase physical activity and fitness.	
Core knowledge			
<ul style="list-style-type: none">Understand the basic attacking principles: width, speed, and support to keep possession and make progressionUnderstand the basic defending principles: delay, cover, deny the opposition space to run, and pressure the opposition to regain possession.			
Learning activities and assessment			
Group work: <ul style="list-style-type: none">Warm-upLearners play games that are fun and involve lots of vigorous physical exerciseCool-down			
Individual work: <ul style="list-style-type: none">Introduce the worksheet for lesson 1.			
Forms of assessment		Resources	
<ul style="list-style-type: none">Observe learners while they playWorksheet.		<ul style="list-style-type: none">A large area about the size of a soccer field20 flags or markers6 to 8 rolled up newspapers tied with sticky tape or duct tape ('hockey sticks')2 rolled up pieces of newspaper held together with a lot of sticky tape ('hockey ball')WhistleWorksheets.	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none">Encourage learners to play a variety of games at home and on the playground.		<ul style="list-style-type: none">The activities teach learners the importance of team work, and that attackers and defenders need to work together if a team is to be successful.	

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Lesson 1: Invasion game (40 minutes)

1 Outcomes

By the end of this lesson, the learners should be able to:

- Understand and explain the concept of an invasion game
- Participate in an invasion game.

2 Teacher's corner

The aims of an invasion game are to:

- Score by moving the ball through defended territory into a pre-determined target
- Prevent the opposition scoring in the territory you are defending
- Have the highest score at the end of the period of play.

The basic attacking principles are width, speed and support to keep possession and make progression. The basic defending principles are delay, cover, deny the opposition space to run and pressure the opposition to regain possession.

Keep the following points in mind when instructing the learners on lesson 1:

- Encourage vigorous physical activity while at the same time developing an understanding of the principles of invasion games
- By playing games with modified equipment, learners will all be physically active and have fun
- All learners should be able to participate successfully.

3 Activities

For lesson 5 you'll need the following equipment:

- A large area about the size of a soccer field
- 20 flags or markers – 10 per team
- 6 to 8 rolled up newspapers tied with sticky tape or duck tape ('hockey sticks')
- 2 rolled up pieces of newspaper held together with a lot of sticky tape ('hockey ball')
- Whistle.

Activity 1: Warm-up (5 minutes)

Choose a warm-up exercise from the list of warm-up and cool-down exercises.

Activity 2: Capture the flag (10 minutes)

Divide the class into 2 groups and give each group 10 flags.

- The groups have 2 to 3 minutes to place their flags in strategic positions in their half of the playing area



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- The aim of the game is to capture the opposing team's flags
- If a learner is touched on the hand by an opposing team member, that learner has to go to 'jail'. The jail can be a hula-hoop placed in the opponent's half
- The prisoner can be freed when 1 of the team members touches him or her on the back.

The team with the most flags and least prisoners after about 10 minutes is the winner.

Tips for activity 2:

When teaching games, note that the focus is no longer on the traditional style of skills teaching (technical teaching style). You need to plan lessons that involve activities so that you find a good balance.

You should promote understanding of the principles of the game, but enable all the learners to enjoy themselves and succeed in the game being played.

Activity 3: Floor hockey (10 minutes)

Divide the class into 2 groups and give each learner in each group a number. Learners in the different groups should have corresponding numbers (group A is numbered 1 to 15 and so is group B)

- The playing area should be about half the size of a soccer field or the size of a basketball court
- Call out 3 numbers at a time. The learners will run out to the court when their numbers are called. You will have 6 learners on the court at a time (3 from each team)
- The learners will aim to score a goal
- Blow the whistle to start the round. After about 1 minute or when a goal is scored, blow the whistle again to end the round
- Call out the next group of learners
- A learner is not allowed to be in the goal keeping position more than twice in the lesson.

Activity 4: Cool-down (5 minutes)

Choose a cool-down exercise from the list of warm-up and cool-down exercises.



4 Wrap up

Explain to the learners that the lesson's activities required team work and the roles played by the members were sometimes different. For example, the learners were sometimes defenders, and attackers at other times. It is how well the attackers and defenders worked together that makes a team (and the individuals within the team) successful.

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Name: _____

Worksheet: Grade 7, lesson 1

Task 1: Physical activity scrap book

Ask the members of your household, family and friends which activities they enjoy doing.
Write them down in the table provided.

Name	Favourite activities

Task 2: Make your scrap book

Create 1 page for each person you spoke to for task 1. Find pictures of the activities and paste these on each person's page.
Put the 3 pages together to make your scrap book.

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Name: _____

A: Can you make a drawing of how your game will be played?



B: What are the safety precautions you may need to consider when playing this new game?

You can teach members of your family your new game and play a few rounds.