



Participants learn about and practise working as a group to invade another group's territory and knock down their target.

Facility

- Gymnasium
- Outdoors

Materials and Equipment

- 1 ball that can be dribbled (e.g., basketball, utility ball) per game
- 2 hoops per game
- 2 pylons per game
- 2 balls per game
- Pinnies for each participant

Safety

Inspect the activity area and eliminate potential hazards. Check that the activity surface provides safe traction. Clearly outline the boundaries for the activity and set a safe distance from walls and obstacles. Provide a safe distance between activities.

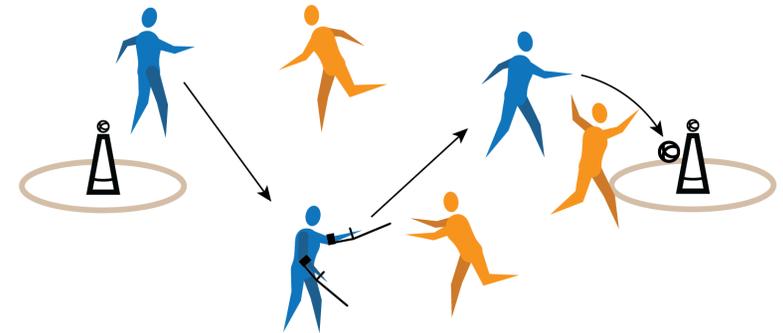
Activity Information

Activity Set-up

- Divide participants into small groups (e.g., four to six) and use pinnies to identify groups.
- Participants set up an activity area by placing a hula hoop (crease) at each end. Inside each hula hoop, participants place a pylon with a ball (target) on top. Two groups play in each activity area.

Activity Instructions

- The game begins with a jump ball.
- A participant with the ball dribbles the ball with their hand when moving and can take up to 3 steps before he or she must pass the ball or try to score.
- Participants without the ball try to move into open space to receive a pass.
- The group with the ball works together to pass the ball and hit the opposing group's target. To score a point the target must fall to the ground.
- When a target is hit, it is placed back on top of the pylon and play begins again with the opposing group taking possession.
- Participants try to intercept passes from the other group without using body contact.
- The leader asks open-ended questions to help participants refine their movement strategies and tactical solutions during the activity. Examples include: As the offensive group, what can you do to make sure you are ready to receive a pass? As the defensive group, where can you position yourself so that you have a higher chance of intercepting the ball? How does communication play a role on the offensive and defensive groups?





Adaptations

To maximize the challenge and the fun, participants could identify their own ways to increase or decrease the challenge.

To decrease the challenge, participants could:

- Decrease the size of the playing area.
- Create a larger crease around the target (e.g., use tape on the ground).
- Roll the ball rather than throw it.
- Add more targets and balls to the game to allow more participation.
- Choose the object they want to send (e.g., rubber chicken, soft-skinned ball).

To increase the challenge, participants could:

- Send the ball a different way (e.g., non-dominant hand, overhand throw, kicking).
- Use an implement to send the ball (e.g., hockey stick).
- Increase the number of targets and groups playing within a game (e.g., have 4 targets on each end of the playing area and 4 groups playing. Groups have the choice of invading any of the other 3 territories and attempt to knock down their target.)

Pause for Learning

Throughout the activity, consider highlighting the following skills, concepts, and strategies as participants work as a group to invade another group's territory by knocking down their target. Note that this list is not exhaustive, and further learning opportunities may arise during the task.

Movement Skills and Concepts

- Manipulation skills and effort awareness: Applying a controlled force to send/receive objects to/from another participant and/or to a target (e.g., making short and quick passes to move the ball quickly into the opposing group's territory)

Movement Strategies

- Creating and applying tactics in order to invade the other group's territory and to defend your territory (e.g., using offensive tactics by passing the ball to group members who have moved into open space, away from defenders and toward the target where possible)

Sport Connections

Contains aspects of:



Canadian Physical Activity Guidelines

