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| JB’s Holiday ActivitiesYr 5 and 6 Invasion Name …………………………………….Class……………………………………… | How much can you remember about Invasion?Q1) Name a technique you would use to evade a defender?……………………………………………………………………………………………………Q2) Name one rule from the sport you have played this term?……………………………………………………………………………………………………Q3) what 2 types of communication could you use to communicate with your teammates?……………………………………………………………………………………………………Q4) Why is it important for your team to keep possession in an invasion game?…………………………………………………………………………………………………Q5) Name 3 key physical attributes required for the sport you played this term?……………………………………………………………………………………………………Q6) In an invasion game how would you organise a team of 5 players?…………………………………………………………………………………………………. |
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| Can you try the following?1. Can you keep the ball away from an opponent for 40 seconds in an invasion sport of your choice?
2. Can you win the ball back from an opponent within 20 seconds in an invasion sport of your choice?
3. Can you stop an opponent scoring a point/goal against you for 1 minute?
4. Can you score a goal/point against an opponent within 30 seconds?
5. Can pass a ball using the weaker side of your body with accuracy 10 times to a partner?

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