

#InvadeTheZone

Achieve the challenge

The aim of the game is to get the object into the other teams target zone.



Play the video

Scan this QR code on your mobile device to watch how the game is played.

How to play

1. Agree on a playing area with target zones at each end
2. Get into two teams standing at either end of the playing area
3. Number yourselves in your team so that each player has their own number
4. One player calls out a combination of numbers who then become live in play
5. The live players must then try and get the object into the other teams target zone
6. The players whose numbers were not called out must stay in their zone but can act as defenders/goalkeepers.

Equipment

Essential

- An object to play with
- Two marked out target zones

Spirit of The Games



Teamwork:

How can working together help get the object to the end zone?



Respect:

How do you show respect to others during and after the game?

Safety

- Make sure the playing area is safe
- Ensure that any jewelry is taken out before the game starts

Skill up

- Are you using all the space provided to your advantage?

Link it up

- This game helps you get better at games e.g. Hockey, Football, Handball, Netball, Basketball, Rugby, Water Polo and Ultimate Frisbee etc.

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Roles for leaders and officials

- Set up the area
- Call out the numbers and instructions to the players
- Keep track of the score
- If anyone looks unhappy, find out how you can make it better

Including Everyone

- Create safe zones in the playing area where only some players can go
- Use bright colours for the targets areas
- Players can push/hit the object with other parts of their body or their wheelchair
- Think about the weight/size of the object being used

STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

EASIER

- S** Increase the size of the target zone
- T** You can score as soon as you get to the object
- E** Change the object or its size e.g. tennis ball, football, squash ball
- P** Play with more players than the other team

HARDER

- S** Decrease the size of the target zone
- T** You must make 5 passes in your team before trying to score
- E** Try a different style of invasion – Football, Handball, Ultimate Frisbee, Netball and Rugby (Kicking)
- P** Play with less players than the other team

Change it up

- Play with 4 teams with 4 different target zones
- Players whose numbers are not called out, must join hands and keep the chain whilst playing as goalkeepers.
- Change the starting positions of players e.g. sitting down, lying on their front
- Be creative with the route that players must make before getting to the object
- There are lots of ways that this game could be played. Be creative and come up with your own versions!

Smiles Checker

It's important to make sure you can answer yes to the following questions.

SMILES checklist:

- Is the activity safe?
- Is everyone joining in?
- Can you change anything if they aren't?
- Is everyone learning new things?
- Is everyone smiling and enjoying the game?

If you can't answer **YES** to these questions, make sure you **STEP in**.