



MULTI SKILLS - ALIEN INVASION

SESSION OBJECTIVES

- Cooperate and work in small teams effectively (sharing and helping)
- Send and receive an object
- Apply basic rules to activities

SESSION ORGANISATION

- Ensure there is appropriate space for all participants to avoid collisions
- Check surface for anything which could cause slips and trips
- Ensure appropriate footwear and clothing is worn

STARTING ACTIVITY

Name	Alien Attack
Details	<p>Pupils have to avoid the alien taggers (recommended ratio 1 alien: 3 pupils). Alien tagger will travel holding a hoop (or flying saucer) and try to tag other pupils with the hoop. If caught, pupils must freeze in a star shape and wait for a different pupil to unfreeze them by running underneath an arm.</p> <p>Encourage pupils to look in all directions to seek out space, hold arms in a natural position to support balance and keep knees soft to support dodging the aliens.</p>
Further adaptations	<ul style="list-style-type: none">○ To promote inclusion and level the challenge, restrict 'taggers' to walking or hopping○ Introducing 'Safe Zones'○ Utilise STEPS (e.g. make area larger, less catchers etc)

MAIN ACTIVITY

Name	Lasers
Details	<p>Pupils will be working in groups of four. To promote inclusion and progress, grouping pupils based on ability will have more success. You can also try mixed ability groups to encourage peer support.</p> <p>Pupils will start by standing in a square, working with the person diagonally to them (to support pupils, use matching colour bibs, green bibs work together, and yellow bibs work together). With a hoop (or planet) in the middle, give one pupil from each colour group a ball each to pass diagonally to their teammate. The balls are lasers that are sent to their partner, that must bounce in the hoop first – essentially, they are completing a bounce pass. Ask pupils how they can help each other, both their partner and other colour group to avoid contact of the lasers in the hoop in the middle. It is important that lasers reach their partner so they can fire back.</p>
Coaching points	<ul style="list-style-type: none">○ Eye on the target (planet) when sending○ Eye on the ball (laser) with hands ready to catch when receiving○ The timing of the pass is also important to avoid a laser explosion
Further adaptations	<ul style="list-style-type: none">○ Increase the size of the target or ball○ Differ the distant participants can stand away from the target○ Utilise non bouncing equipment e.g. a bean bag to work on target practice only○ Carefully consider groupings○ Awarding points for 'other' good work e.g. teamwork, helping a classmate or encouragement

PERFORMANCE ACTIVITY

Name Alien Invasion

Details Using the same layout as the last activity, you will now need an extra hoop in the middle, one for each team to use (to support pupils, you could use the same colour hoop as their bib). The hoops represent their own planet, and the other team are aliens from a different planet who want to invade. Pupils will be given a set number of passes to complete (6-10, for example, depending on ability) by bouncing the ball in the other team's hoop and once completed, the ball can then be placed in the other team's hoop (planet) to show they have successfully invaded.

Naturally, when competition against another team occurs, pupils can tend to rush, which compromises consistency. Encourage pupils to take their time and reflect on the key coaching points from the previous activity.

You can easily rotate the opposition (of similar ability) to provide a new challenge which will support engagement throughout the lesson. All can feel included and challenged through the equipment they use, and space given to complete the task. If required, you can also place the hoop at the side and change the type of pass to a roll. Same principle applies, once you have completed the set number of rolls, place the ball in their planet to successfully invade.

Further adaptations

- Outnumbered teams – to allow for greater success
- Individual challenges (e.g. additional points for successful catches / passes / good teamwork and encouragement)

EXTENDING THE LESSON

- Focus on what pupils can do, not what they can't
- Use visual aids to support understanding – i.e. pictures, drawing and symbols – especially when working with children with hearing impairments or cognitive disabilities
- Set clear expectations of the session right at the start
Agree a visual and verbal command to stop the session
- To extend the final activity, group one has a set time limit to complete as many passes as possible, whilst group two can use their ball to "block the laser" by trying to hit the laser with their ball.
- To provide a confidence boost for those who need it, have designated planet leaders who show other pupils how they have used their ball – i.e. if a pupil has been rolling their ball, they will show others who visit them how it is done and let them try it together.

USEFUL QUESTIONS

- What do you think co-operate means?
- How can you help your teammate?
- What are the rules in the activity?
- What would/what did challenge you more?
- What sports could you use send and receive in?