



How to Score Points in Football and Netball

KS2 PE Ages 9-12 ⌚ 3 min read

What Are Invasion Games?

Invasion games are sports where two teams try to move a ball into the opposing team's area to score points. **Football** and **netball** are two of the most popular invasion games played in schools. In both games, teamwork, strategy, and accuracy are essential to scoring.

Think of it like two armies trying to capture the enemy's castle—you need to work together to get past the defenders and reach the goal.

Scoring in Football

In **football**, there are several ways to score points. A **goal** is worth **1 point** and is scored when the ball goes into the opponent's net. Some types of football have different scoring rules—for example, in **American football**, a **touchdown** is worth **6 points**, and kicking the ball through the uprights is worth **1, 2, or 3 points** depending on the situation.

The main objective in football is to get the ball into the goal area. Players pass, dribble, and move strategically to create opportunities. **Defenders** try to stop the attacking team by blocking passes and tackles.

Think of it like trying to get a ball into a bucket—you need to aim carefully and work with your teammates to get past the other team's defense.

Scoring in Netball

In **netball**, scoring is simpler but requires precision. A goal is worth **1 point** and is scored when the ball goes through a **hoop** that is **10 feet high**. Only specific players—the **Goal Attack** and **Goal Shooter**—are allowed to shoot and score.

Unlike football, you cannot run with the ball in netball. Instead, players must pass it or stand still. This means teamwork and accurate passing are even more critical to creating scoring opportunities.

Why the Rules Matter

The scoring rules in these games are designed to reward **skill, accuracy, and teamwork**. By making goals worth points, the games encourage players to work together, develop strategy, and practice precision. The rules also keep the games fair and exciting, ensuring that no single player can dominate.

Understanding how to score helps players develop the physical skills they need—like throwing, kicking, and hand-eye coordination—while also learning important life lessons about working as a team to achieve a goal.