

Netball

- Focus on how to use basic principles of attack and defence
- Plan strategies and tactics to outwit opponents
- Improve the quality of their skills with the intention of outwitting opposition.

Objectives of the Unit:

<p>Outwitting an opponent:</p> <p>Develop the fundamental skills necessary to outwit opponents. Pupils will learn to choose, combine and perform netball skills with fluency, consistency, accuracy and quality. A continual development and refinement of the necessary skills will contribute to producing a successful performance and outwit opposition more frequently.</p>	<p>Developing Physical and Mental Capacity</p> <p>Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. Use netball to develop observation skills on peer performances, skills and techniques. To extend knowledge of netball rules and umpire signals.</p>	<p>Developing Skills/Performance</p> <p>Pupils will learn to use basic principles of play when selecting and applying tactics for defending and attacking. Pupils will develop the skills necessary to outwit opponents. Passing, receiving, shooting, intercepting and beating an opponent will be developed through small sided games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.</p>
<p>Making and Applying Decisions</p> <p>Pupils will learn to identify and recognise similarities in principles of attack and defence. Pupils will implement strategic and tactical decisions based on movement of the ball into space and choice of skill execution. Opportunities to referee/coach pupils or small groups will develop communication and decision making skills.</p>	<p>Making Informed Choices About Healthy, Active Lifestyle</p> <p>Highlight the benefits of taking part in netball to your long term health. Suggest any netball clubs within the school timetable and promote community links. Discuss the benefits of being healthy and active. To understand the type of fitness netball players need to perform at a high level.</p>	<p>Evaluating and Improving</p> <p>Pupils will evaluate their own and others strength and weaknesses in netball and suggest area for improvement. (Peer coaching, 'what makes good' questioning/demos & targeted differentiated questioning).</p>
<p>Cross Curricular Links:</p> <p>Literacy: C4TEEP: Key word, group discussions, small white boards, written answers, work of the week, structuring sentences to answer questions.</p> <p>Maths: Scoring, statistics, measurements, heart rates/pule rates.</p> <p>ICT: Photographic/video feedback, performance analysis software.</p>		<p>Assessment:</p> <p>Q & A</p> <p>Formative and summative assessment.</p> <p>Students assessment booklets</p> <p>Assessment criteria- name matching</p> <p>Verbal feedback</p>

Extension & Enrichment

Out of lessons, at home and in the community, pupils could be encouraged to:

- practise skills at home
- take part in school sport, either competitively or socially
- join clubs in the community and/or use local facilities
- watch live and recorded matches, to appreciate high-quality performance
- make up games that focus on improving technique and fitness
- read rule books and sports reports in newspapers and magazines

BRONZE LESSONS

<p>Passing & foot work rule</p> <ul style="list-style-type: none"> ○ To be able to perform fundamental netball passing and handling skills. ○ To be able to perform these in a small sided game to maintain ball possession & begin to outwit opponents. ○ To develop an understanding and knowledge of the basic footwork rule of netball. <p>Task examples</p> <ul style="list-style-type: none"> ○ Warm up – Student led. ○ In the river on the bank ‘fast feet’ drill. ○ Players stand opposite partner and on command jump forward and back – balance and co-ordination task. Highlight various passes-perform static and on the move – chest, bounce, shoulder, overhead. ○ T.P’s; Elbow out, step in to pass. Receiving = provide target for passer to aim at, landing on 1 or 2 feet – pivoting. ○ Discuss court markings + positions. Small sided games. Footwork + contact rule. 	<p>Creating space/outwitting opponents</p> <ul style="list-style-type: none"> ○ To be able to outwit opponents using learnt skills and techniques. ○ To understand the importance of ‘getting free’ order to attack. ○ To develop their understanding of strategic and tactical play to beat and outwit an opponent. ○ To develop understanding of netball rules and court positions. <p>Task examples</p> <ul style="list-style-type: none"> ○ Warm up – Student led. SAQ ladders and hurdles –work in teams of 4. ○ Encourage fast feet / dodging drills (ikky shuffle, sprint off sideways to cones etc.) ○ Recap of passes and footwork. 3’s- 1 feeder + move away from marker to receive the ball (sideways/backwards & forwards) ○ Highlight importance of moving into space to receive the ball. 7 v 7 game define positional roles (GK-GD-C-WA-WD-GA-GS). ○ Obstruction and contact rules. Players to officiate. 	<p>Attacking play/dodging</p> <ul style="list-style-type: none"> ○ To be able to move accurately into a space to receive a well timed pass. ○ To perform skills in a small sided game making decisions about how best to advance on opposition. ○ To explore ideas, concepts of attacking play when in space and with ball possession. ○ Identify individual and team strengths and areas for improvement. <p>Task examples</p> <ul style="list-style-type: none"> ○ Warm up – Student led. ○ Partner shadow using lines on netball courts. ○ Choose individual students to lead e.g. side stepping, high knees, sprint, and jog. Vary speed and direction. ○ Recap prior learning – discuss ways a player may get free. . 4’s- 1 feeder 1 observer + 1vs1. ○ Demo sprint dodge + introduce Run, stop, run again. demo feint: move one way and run another. ○ Rotate positions. ○ More able students to set up on own. ○ Focus on roles of each player. 7 v 7 game. ○ Recap positions.
<p>Shooting</p> <ul style="list-style-type: none"> ○ To develop their understanding and knowledge of where on the court shooting can take place. ○ To accurately replicate the technique for a correct shooting action. ○ To be able to evaluate pupils shooting technique and suggest ways to improve. <p>Task example</p> <ul style="list-style-type: none"> ○ Warm up – Student led. ○ Crows and Cranes – in pairs, two lines. On command run to nearest line, partners chases. ○ 2min shoot out: In 2’s passing ball up and down court (recap footwork rule) & shoot when in goal circle. ○ 6 shooting stations : players to experiment with shooting from various angles into netball post. ○ 7 v 7 game. ○ Recap positions & rules. Non-participants to umpire. 	<p>Defending/positional awareness</p> <ul style="list-style-type: none"> ○ To be able to identify the distinct roles of each playing position and the areas permitted. To confidently describe the rules and laws regarding contact. To be able to outwit opponents using learnt defending skills and techniques. To develop the skill of anticipation in a game situation. <p>Task example</p> <ul style="list-style-type: none"> ○ Warm up – Student led. ○ Crows and Cranes – in pairs, two lines. ○ On command run to nearest line, partners chases. ○ 2min shoot out: In 2’s passing ball up and down court (recap footwork rule) & shoot when in goal circle. ○ 6 shooting stations : players to experiment with shooting from various angles into netball post. ○ 7 v 7 game. Recap positions & rules. ○ Non-participants to umpire. 	<p>Assessment</p> <ul style="list-style-type: none"> ○ To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in netball. To demonstrate the ability to evaluate performances and suggest ways to improve. ○ Further development - Inter house/form netball comp. <p>Task example</p> <ul style="list-style-type: none"> ○ Warm up – Student led. ○ Crows and Cranes – in pairs, two lines. ○ On command run to nearest line, partners chases. ○ 2min shoot out: In 2’s passing ball up and down court (recap footwork rule) & shoot when in goal circle. ○ 6 shooting stations : players to experiment with shooting from various angles into netball post. ○ 7 v 7 game. ○ Recap positions & rules. ○ Non-participants to umpire.

SILVER LESSONS

<p>Recap passing Skills & fundamental rules</p> <ul style="list-style-type: none"> ○ To demonstrate control and accuracy of passing and catching. ○ To implement footwork, contact and obstruction rules during a game. #To be able to catch the ball from a variety of situations with improved technique and greater consistency. ○ To be able to perform these in a small sided game to outwit opponents. <p>Task example</p> <ul style="list-style-type: none"> ○ Warm up – Student led. ○ Partner tag 'Change' In 2's : Passing and changing direction. ○ Pupils demonstrate a minimum of 3 different passes with partner (x10each turn) including a sprint shuttle with change of direction after each one. ○ Passing on the move, 2v1 using a range of passes. ○ What TYPE of pass to use & WHEN? ○ Assess accuracy and consistency in delivery. 7 v 7 game 	<p>Timing of pass/support play</p> <ul style="list-style-type: none"> ○ To be able to outwit opponents using a variety of passes with accuracy and timing. ○ To be able to move accurately into a space to receive a well timed pass. ○ To develop their understanding of strategic and tactical play and refine ideas based on successful outcomes. <p>Task example</p> <ul style="list-style-type: none"> ○ Warm up – Student led. SAQ fast feet drill using ladders. ○ Combine forward and lateral movement up the ladder with receiving the ball either in front or from the side. ○ Students to devise two fast feet drills of their own. ○ In 3's passing ball down the line, do not move until player is ready to pass. Introduce basic holding of a space in the circle (GS), on edge of circle (WA / WD). ○ Players should understand game structure & positional roles. 7 v 7 game. ○ Players to officiate. 	<p>Attacking play/outwitting opponents</p> <ul style="list-style-type: none"> ○ To demonstrate good positioning whilst dodging to allow effective attacking strategies. ○ To perform skills in a small sided game making decisions about how best to advance on opposition. ○ To explore ideas, concepts of attacking play when in space and with ball possession. ○ Identify individual and team strengths and areas for improvement. <p>Task example</p> <ul style="list-style-type: none"> ○ Warm up – Student led. ○ Advance ball skills. In 2's : Figure of 8 around two cones ('Posts') Fast feet, good reaction. ○ In 2's : Moving left and right to receive the ball : one handed catch, bring ball into chest. Discuss attacking ideas. ○ Quick ball movement important. 2v1 – indicating to receive the ball, moving sideways, forwards, backwards. ○ Court relay in 6's pass and join end of own line using the above ways to get free. ○ Alternate type of pass, speed and direction. ○ 7 v 7 game.
<p>Shooting</p> <ul style="list-style-type: none"> ○ To be able to select advanced tactics to outwit a defender when shooting at the goalpost. ○ To accurately replicate the technique for a correct shooting action under pressure. ○ To be able to evaluate pupils shooting technique and suggest ways to improve. <p>Task example</p> <ul style="list-style-type: none"> ○ Warm up – Student led. ○ Shooting Competition; first team to score 10 goals from a standing position anywhere in the goal circle. ○ Shooter rotation activities: Standing shot technique : Count number of successful shots made in given time. ○ Increase / decrease distance and /or attempts made. Progression: Add feeder and defender (increase pressure) ○ Focus on: Accuracy, Change of Direction, Attacking Moves, Stamina. ○ 7 v 7 game. ○ Play full game with focus on shooting. ○ Players to rotate positions every 5 mins. ○ Non-participants to umpire. 	<p>Marking/defending</p> <ul style="list-style-type: none"> ○ To accurately replicate defending skills to be able to mark an opponent and intercept any passes sent towards them. ○ To apply defending principles when devising game plans. ○ To be able to outwit opponents using learnt defending skills and techniques. ○ To describe the rules and begin to referee a game of netball. <p>Task example</p> <ul style="list-style-type: none"> ○ Warm up – Student led. ○ SAQ ladders and hurdles – work in teams of 4. ○ Intercepting and covering the pass or shot, Closing down space, Reducing available options, ○ 1st stage defending (close marking), ○ 2nd stage defending (defending in front of a player). ○ Pass & follow: Continuous passing – back person comes in front to intercept) ○ In 4's :1 & 2 pass continuously, 3 tries to intercept. ○ 4 repeats. ○ Alternate sides. ○ 7 v 7 game - define rules governing marking – 3 feet 	<p>Assessment</p> <ul style="list-style-type: none"> ○ To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. ○ The pupils are to develop their knowledge and understanding of the rules in netball. ○ Further development - Inter house/form netball comp. <p>Task examples</p> <ul style="list-style-type: none"> ○ Warm up – Student led. ○ Relay drill. 4 teams 2 face opposite each other. ○ Demonstrate passing and footwork. 3 vs 3 maintain ball possession. ○ 3's Passing, receiving on the move. ○ Set up 1 vs 1 dodging drill. ○ Demonstrate the ability to outwit defenders. ○ Pupils to describe netball rules. 7 v 7 game. ○ Discuss assessment criteria and what to expect. ○ Teacher grades against NC levels

GOLD LESSONS

<p>Recap netball fundamentals</p> <ul style="list-style-type: none"> ○ To demonstrate knowledge & understanding of netball rules. ○ To perform a variety of passes at speed and with control. ○ To be able to perform these in a small sided game to outwit opponents. ○ To be able to catch the ball from a variety of situations with improved technique and greater consistency. <p>Task example</p> <ul style="list-style-type: none"> ○ Warm up – Student led. ○ Ball handling – in 2's focus on one & two-handed catching / moving into a space to receive a pass / high, low side to side drills. ○ Revision of playing positions and responsibilities associated with player's roles. ○ Individual skills practices focusing on accuracy and control for: Catching, Throwing, Getting Free & Marking. 7 v 7 game – focus on good co-operation between passers and receivers. ○ Accurate and well timed passes. (GK-GD-C-WA-WD-GA-GS). ○ Recap knowledge of rules. Players to officiate. 	<p>Use of space/court linkage</p> <ul style="list-style-type: none"> ○ To be able to make decisions about sending and receiving the ball into a space, positioning themselves intelligently to receive a pass. ○ To be able to outwit opponents using a variety of passes with accuracy and timing. ○ To develop & refine strategic and tactical play and adapt ideas based on successful outcomes. <p>Task example</p> <ul style="list-style-type: none"> ○ Warm up – Student led. ○ Players given one of four colours and to stand in pairs. ○ Steady jogging on netball court on whistle No 1 runs out to coloured cone area to collect a ball. ○ Call out a type of pass and a number of passes for each pair to complete. ○ On completion ball is returned and No 2 gets ready. ○ Focus on conditioning structured games to achieve attacking outcomes. ○ Improve timing of movement off the ball – GK pass from end line must go through every player in turn: GD-WD-C-WA-GA-GS. ○ Teams to plan other passing patterns. 7 v 7 game – focus on teams evaluating and adjusting their formation, strategy and roles. 	<p>Attacking principles</p> <ul style="list-style-type: none"> ○ To demonstrate effective team play using attacking principles and be able to devise and select appropriate strategies. ○ To perform skills in a small sided game making decisions about how best to advance on opposition. ○ To explore ideas, concepts of attacking play when in space and with ball possession. <p>Task example</p> <ul style="list-style-type: none"> ○ Warm up – Student led. ○ Advance ball skills. ○ In 2's : Figure of 8 around two cones ('Posts') Fast feet, good reaction. In 2's : Moving left and right to receive the ball : one handed catch, bring ball into chest. ○ Discuss attacking tactics; Possession, Timing, Passing & space. ○ Quick ball movement important. 2v1 – indicating to receive the ball, moving sideways, forwards, backwards. ○ 7 v 7 game. ○ Recap positions and rules. Students to gain experience as an official.
<p>Defending principles</p> <ul style="list-style-type: none"> ○ To accurately replicate effective marking techniques and intercept any passes sent towards them. ○ To outwit opposition when applying defending principles and when devising game plans. ○ To evaluate individual performances and suggest ways to improve. <p>Task example</p> <ul style="list-style-type: none"> ○ Warm up – Student led. ○ Dodge or Defend game. Teams of 5 with one player as a 'defender'. ○ Each player has to run down a ladder (SAQ) over 2 hurdles into the 'danger zone'. ○ The 'D' has to try and stop them from getting into the 'safety zone'. How? ('D' to explore methods of marking a player) ○ Developing effective team play – defending principles. ○ Highlight; Interception, Marking, Goal protection & Space limitation. ○ 3vs2 situation in 'D'. ○ Progress to 7 v 7 game. 	<p>Tactics- centre pass/within the circle</p> <ul style="list-style-type: none"> ○ To be able to select advanced tactics to outwit opposition. ○ To be able to evaluate tactical outcomes and consider how to improve performance. To adapt game plans in response to the opposition and the state of the game. <p>Task example</p> <ul style="list-style-type: none"> ○ Warm up – Student led. SAQ ladders and hurdles – work in teams of 4. ○ Groups of 9. Experiment with centre pass options. Pupils are encouraged to become increasingly responsible for their own learning deciding how to develop and improve their own work and that of others ○ 7 v 7 game – solve game problems by varying positional roles and game plans for each team. Eg How could opposing GD respond to different tactics from the GA? 	<p>Assessment</p> <ul style="list-style-type: none"> ○ To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. ○ The pupils are to develop their knowledge and understanding of the rules in netball. ○ Further development - Inter house/form netball comp. <p>Task example</p> <ul style="list-style-type: none"> ○ Warm up – Student led. SAQ ladders and hurdles. ○ Relay drill. ○ 4 teams 2 face opposite each other. Demonstrate passing and footwork. ○ 3's Passing, receiving on the move. ○ Set up 1 vs 1 dodging drill. ○ Demonstrate the ability to outwit defenders. ○ All teams to complete a series of netball questions on rules, regulations and team (points to be added to netball scores). ○ 7 v 7 game. ○ Discuss assessment criteria and what to expect. ○ Teacher grades against NC levels

PLATINUM LESSONS

<p>Attacking principles</p> <ul style="list-style-type: none"> ○ To demonstrate effective team play using attacking principles and be able to devise and select appropriate strategies. ○ To perform skills in a small sided game making decisions about how best to advance on opposition. ○ To demonstrate a clear knowledge & understanding of netball rules. <p>Task example</p> <ul style="list-style-type: none"> ○ Warm up – Student led. Advance ball skills. In 2's : ○ Figure of 8 around two cones ('Posts') Fast feet, good reaction. ○ In 2's : Moving left and right to receive the ball : one handed catch, bring ball into chest. ○ Revision of playing positions and player's roles. 2 handed passes – chest, overhead, shoulder, bounce passing into space, passing to free player & footwork at speed – stop, jump, turn. ○ Full 7 v 7 game – focus on good co-operation & accurate and well timed passes. Recap knowledge of rules. ○ Players to officiate. 	<p>Outwitting opposition</p> <ul style="list-style-type: none"> ○ To be able to outwit opponents using a variety of passes with accuracy and timing. ○ To develop & refine strategic and tactical play and adapt ideas based on successful outcomes. ○ To be able to make decisions about sending and receiving the ball into a space. ○ To develop creative thinking when implementing tactical play. <p>Task example</p> <ul style="list-style-type: none"> ○ Warm up – Student led. SAQ ladders and hurdles – work in teams of 4. ○ Focus on conditioning structured drills to achieve attacking outcomes. Improve timing of movement off the ball. Jumping to receive pass ○ Running pass in 3's. Shooting , jumping for the rebound – attacker passing ball out of circle for a return, defender passing ball into centre 1/3 for clearance. ○ Full 7 v 7 game – focus on teams evaluating and adjusting their formation, strategy and roles. 	<p>Defending principles</p> <ul style="list-style-type: none"> ○ To effectively develop defensive marking techniques off the ball – defending the circle using correct body and arm position. ○ To accurately replicate set plays from the centre circle to outwit opponents. ○ To be able to adapt set patterns of play if needed depending on previous outcomes. <p>Task example</p> <ul style="list-style-type: none"> ○ Warm up – Student led. ○ Combine forward and lateral movement up the ladder with receiving the ball either in front or from the side. ○ Passing / footwork practices with pace, power and accuracy. Marking to delay the receipt of the ball. Defending the circle keeping shooter out (timed) ○ Discuss defending tactics; Interception, marking & goal protection. 7 v 7 game. Recap positions and rules. ○ Students to umpire.
<p>Defending principles</p> <ul style="list-style-type: none"> ○ To outwit opposition when applying defending principles and when devising game plans. ○ To replicate advanced defensive skills on and off the ball in practice and within the game (awareness of opponents direction of positioning & eye contact). ○ To encourage effective decision making and to develop the skill of anticipation. <p>Task examples</p> <ul style="list-style-type: none"> ○ Warm up – Student led. Shadow drill. 3's; 1 feeder. 1vs1 must get free to receive pass from feeder. Partner to shadow effectively. ○ Passing/footwork practices with pace, power and accuracy. Marking the ball delaying the next pass > interception. ○ Conditioned game using set pattern of play from the centre circle(with back up alternatives). ○ Progress to 7 v 7 game. 2 refs – 2 scorers, 1 time keeper, 2 Coaches. ○ Coaches have 2 timeout cards to stop play and devise strategies. 	<p>Tactics/team strategies</p> <ul style="list-style-type: none"> ○ To be able to select advanced tactics to outwit opposition. ○ To be able to evaluate tactical outcomes and consider how to improve performance. ○ To adapt game plans in response to the opposition and the state of the game. To develop & refine set plays from the sideline. <p>Task examples</p> <ul style="list-style-type: none"> ○ Warm up – Student led. SAQ ladders and hurdles – work in teams of 4. ○ Passing to selected places at speed. ○ Variety of dodges to receive the ball / holding the space and variation in direction. ○ Teams to plan passing patterns/strategies. Perform set pieces; from centre pass & sideline. ○ Conditioned game – set side line pass. ○ Full 7 v 7 game – recap positions. ○ Coaches to implement set play at appropriate times. 	<p>Role of umpire/coaching</p> <ul style="list-style-type: none"> ○ To understand the importance of effective communication with others. ○ To be able to adapt when working individually, in groups and teams. ○ The pupils are to develop their knowledge and understanding of the rules in netball. ○ To develop an analysis of performance – role of team captain on the court, planning team 'plays' from the sideline, tactical awareness (players positioning). <p>Task examples</p> <ul style="list-style-type: none"> ○ Warm up – Student led. i) SAQ ladders drill. Coordination development. ○ Reaction ball drill- collect reaction ball after partner dropped it. ii) ○ Pupils organise small sided games. ○ Games are officiated by pupils to develop there leadership skills through game situations. ○ Pupils to understand the importance of fair play. ○ 7 v 7 game. ○ Players to rotate positions every 5 mins, 1 time keeper, 2 Coaches. ○ Coaches have 2 timeout cards to stop play and devise strategies.

