

Year 10/11 Netball

LITERACY/NUMERACY: Understanding of key terms regarding to Netball. Through the activities in this unit pupils will be able to understand and use words related to netball. Example; principles of attack and defence, court positions, marking, covering and interception. Opportunities for pupils to record results and tactics



PROJECT OVERVIEW

Pupils will focus on developing more advanced skills and apply them in game situations in order to outwit opponents. Pupils will prepare a mini competition and compete in it. They will work in groups taking on a range of roles and responsibilities to help each other to prepare and improve as a team. To develop a deeper understanding about healthy lifestyles and fitness.

FINAL PRODUCT /

ASSESSMENT

Practical assessment of rules, tactics, sportsmanship and ability.

FEEDBACK

Feedback obtained during lesson. Lots of opportunity for self reflection and peer feedback; as well as teacher feedback.

HOMEWORK

Students to access snippets of basketball games via you tube/ ESPN.

Opportunity for engagement in extra-curricular netball

Plan a drill to teach or develop a key skill in netball.

Reflect upon your own personal health and fitness– how can you access the right amount of exercise as part of a healthy active lifestyle.

PLC: EVALUATION(Personal Learning Checklist)

1	I can explain 3 rules in netball
	I can play netball to the rules of the game, with some success.
	I can lead warm ups or I can officiate games.
2	I can describe a good pass, a good outlet pass and a good shot
	I can play some part in helping my team to play tactically to maintain possession
3	I can describe and demonstrate a set shot
	I understand when to shoot and when to pass the ball, and can make the right decision on most occasions.
4	I can describe and demonstrate all four passes.
	I recognise a legal and an illegal defensive block, and encourage my team mates to use them if and when appropriate.
5	To make decisions in games as to when to pass/ shoot with growing confidence and success. My off the ball movement is effective and decisive.
	I know where I can access netball beyond my PE lessons.
6	I can fulfil at least 2 roles in netball: Coach, player, official.
	I can play as part of a team and show sportsmanship

SMSC & BRITISH VALUES

Understanding of the body in relation to others and space. Communication skills through ideas and the implementation of rules as a coach or referee.

PAC VALUES

Respect
Success
Team, Initiative

WIDER READING / SUPPORT

- Phillips Ball Park info/ guest speaker
- Information about extra-curricular opportunities
- Students Booklets to test and consolidate learning
- Signposting sheet from

WK	CONTENT	OBJECTIVE
1	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.	Attacking principles <ol 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.
2	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	Outwitting opposition <ol 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

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4	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.	Defending principles <ol 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
5	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	Tactics/team strategies <ol 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
		Role of umpire/