

Year 7 PE- Netball



LITERACY/NUMERACY: Through the activities in this unit pupils will be able to understand, use and spell correctly words relating to:

- tactics, eg principles of attack and defence, finding and using space, changing speed, being direct, marking, covering, delaying, moving feet, watching the ball, following through
- preparation, eg warming up, cooling down
- assessment, eg collecting and analysing data

PROJECT OVERVIEW

In this unit pupils focus on how to use basic principles of attack and defence to plan strategies and tactics for netball. Pupils will work on improving the quality of their skills with the intention of outwitting opposition. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.

FINAL PRODUCT /

ASSESSMENT

Assessment (practical and written) of students through a variety of conditioned and competitive situations in various roles.

FEEDBACK

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

HOMEWORK

- 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

PLC: EVALUATION(Personal Learning Checklist)

1	Describe a chest pass
	Demonstrate footwork
	Create successful scoring opportunities for yourself and others
2	Describe, and demonstrate shot up with some elements of success.
	To make progress toward understanding some of the key rules of netball
	Create successful scoring opportunities for yourself and others
3	To try a variety of dodging skills
	To implement footwork into your games and to identify some rules with regard to footwork
	To have planned a warm up drill to get a small group active through netball
4	To identify and attempt 3 key passes in netball.
	To make decisions in games as to when to pass/ shoot with growing confidence and success.
	I can identify fouls, footwork errors and offside
5	I contribute towards the performance of my team and use my PE lesson to challenge my physical capabilities
	I know where I can access netball beyond my PE lessons
6	

SMSC & BRITISH VALUES

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

PAC VALUES

Respect
Success
Team

WIDER READING / SUPPORT

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

WK	CONTENT	OBJECTIVE
1	<p>Warm up – Students have a netball each. Jogs, side steps, sprints using the netball court markings. Stretches with a partner using the netball.</p> <p>Ball familiarisation exercises –passing the ball from hand to hand/ around body, bouncing, throwing and catching. With a partner throw by spreading fingers, elbow bent, push ball out, step into throw, chest, bounce, shoulder and overhead passes. Catch by reaching out with extended arms and hands, 'snatch' ball and relax into body. 2 v 2 game of possession using 1/3 of court.</p>	<ol 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. T To develop an understanding and knowledge of the 'lost possession' rule of netball.
2	<p>Warm up - student led –'traffic light' game/stretches. Recap throwing and catching with competitive tasks. Introduce the importance of asking for the ball and moving into a space.(arm out-stretched in the direction of movement – no side gallops) Thrower must place the ball ahead of the moving player in the space. 2 v 2 game using 2/3 of court.</p>	<p>Creating space/outwitting opponents</p> <ol 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>Footwork</p> <ol style="list-style-type: none"> To be able to move perform basic footwork technique accu-

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4	<p>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>	<p>Getting Free for a pass</p> <ol 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.
5	<p>Warm up – Student led. SAQ ladders and hurdles – work in teams of 4.</p> <p>Practices around court to identify positional areas of play – eg 3v3 game in WA area or in GD area. Man to man marking to achieve an interception: In 3's straight line (shadow marking) then angled.(to reduce contact). Players should be able to see and avoid challenging opponents without losing possession. 7 v 7 game define rules governing marking – 3 feet, hands close to body (not across player).</p>	<p>Defending/positional awareness</p> <ol 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
	<p>Assessment</p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p>	<p>Warm up – Student led. SAQ ladders and hurdles. Recap prior learnt skills. 3's Passing, receiving on the move. Set up 1 vs 1 dodging drill. Demonstrate the ability to outwit defenders. Pupils</p>