

Year 8 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

Pupils will focus on developing team attacking and defending strategies and techniques. Pupils will select and apply their skills so that they can carry out tactics with intent to outwit the 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. Completion of questions in booklet.

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)

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

| WK | CONTENT | OBJECTIVE |
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| 1 | 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. Recap positional roles (GK-GD-C-WA-WD-GA-GS). Recap knowledge of rules. Players to officiate | <p>Recap passing Skills & fundamental rules</p> <ol 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. |
| 2 | 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>Timing of pass/support play</p> <ol 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>Attacking play/outwitting opponents</p> <p>To demonstrate good positioning that allows the player to</p> |

| WK | CONTENT | OBJECTIVE |
|----|--|--|
| 4 | 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>Shooting</p> <p>To be able to select advanced tactics to outwit a defender when shooting at the goalpost.</p> <p>To accurately replicate the technique for a correct shooting action under pressure.</p> <p>To be able to evaluate pupils shooting technique and suggest ways to improve.</p> |
| 5 | 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, 1 st stage defending (close marking), 2 nd 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>Marking/defending</p> <ol 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. |
| 6 | 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 assess- | <p>Assessment</p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>The pupils are to develop their booklets and</p> |

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