

Year 9 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, implementing and refining team and individual game plans with the goal of outwitting an opponent. Pupils will focus on developing and implementing attacking and defending strategies and techniques. All games activities involve pupils thinking 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)

1	Describe positional awareness
	Demonstrate positional awareness in a game
	Create successful scoring opportunities for yourself and others
2	Describe, and demonstrate movement of the ball up the court 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 tactics
	To evaluate and modify tactics
4	To have planned a warm up drill to get a small group active through netball
	To identify and attempt the ability 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

SMSC & BRITISH VALUES

Pupils will develop mental capacity & creative thinking when devising & implement new tactics. Teamwork and problem solving can be developed through team selection and positional ideas based on individual strengths.

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	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>Recap netball fundamentals</p> <p>To demonstrate knowledge & understanding of netball rules. To perform a variety of passes at speed and with control.</p> <p>To be able to perform these in a small sided game to outwit opponents.</p> <p>To be able to catch the ball from a variety of situations with improved technique and greater consistency.</p>
2	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>Use of space/court linkage</p> <ol 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>Attacking principles</p> <p>To demonstrate effective team play using attacking principles</p>

WK	CONTENT	OBJECTIVE
4	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>Defending principles</p> <p>To accurately replicate effective marking techniques and intercept any passes sent towards them.</p> <p>To outwit opposition when applying defending principles and when devising game plans.</p> <p>To evaluate individual performances and suggest ways to improve</p>
5	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>Tactics- centre pass/ within the circle</p> <p>To be able to select advanced tactics to outwit opposition.</p> <p>To be able to evaluate tactical outcomes and consider how to improve performance.</p> <p>To adapt game plans in response to the opposition and the state of the game</p>
6	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	<p>Assessment</p> <p>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</p>