



Scheme of Work: Netball

Key Stage: 4		YEAR: 10	DURATION: 6 LESSONS
Unit Aims: In this unit pupils will focus on building on core skills and applying them in pressurised situations in order to outwit opponents. Pupils will prepare tournaments and compete in them. They will work in groups taking on a range of roles and responsibilities to help improve as a team. To develop a deeper understanding about healthy lifestyles and fitness.			
Expected Learning Outcomes of the unit: All: Show a basic tactical awareness and react to opponent’s pressure in a small sided game. Will physically exert themselves while taking part in competitive games. Most: Use a sound understanding of the principles of attack when planning their approaches to competitive games. Work effectively in a team to attack and defend with confidence. Physical capacity is tested. Some: Demonstrate a sound level of tactical awareness and respond to changing situations by adapting and refining their skills and techniques. Identify the main aspects of a good performance, recognise weaknesses and suggest how a performance could be improved.			
Prior learning It is helpful if pupils have: <ul style="list-style-type: none">➤ Collaborated with and led others in warm ups and activities, and can interpret rules.➤ Experienced a wide range of core skills and techniques in netball➤ Experienced different roles in team.➤ Started using set plays	Language for learning Through the activities in this unit pupils will be able to understand, use and recall terminology relating to netball. <i>e.g. finding and using space, marking, defending stance, court positions, covering and interception held ball, obstruction, contact, repossession, off court, toss up, dodging, pivot,</i>	Resources <ul style="list-style-type: none">➤ Netballs (size 5)➤ 3 sets of Bibs➤ Cones/spots➤ Netball posts➤ Whistles➤ Stopwatch	
Key Concepts and Processes:			
Outwitting an opponent Pupils will further develop the ability to outwit opponents and teams using advancing tactics. Pupils will perform and replicate the core skills necessary in response to a changing environment. Able to identify space for themselves and others and will use this to advance a team forward.	Developing Physical & Mental Capacity Pupils will further develop mental capacity & creative thinking when devising new tactics. Skill development will be used as a way of advancing pupil physical capacity. Development of coaching role and leading part of the session to gain communication and leadership skills.	Development & Replication of Skills Pupils will develop advanced principles of play when replicating core skills of Passing, receiving, dodging, intercepting, marking and shooting. Development of these techniques will be tested through small sided games and conditional situations. Pupils will demonstrate high quality performances and accurate replication throughout.	
Problem Solving, Challenges & Making Decisions Pupils will create new defensive and attacking strategies to improve their team performance. Pupils should be able to recognise the importance of responding to changing situations within the game in attack and defence. Opportunities to umpire/coach pupils or small groups will develop communication and decision making skills.	Making Informed Choices About Healthy, Active Lifestyle Develop a deeper understanding of dynamic stretches for all major muscle groups. Experience the type of training a netball player will use to improve fitness levels and highlight the benefits of being healthy and living an active lifestyle both during school and post 16.	Evaluating and Improving To improve analytical skills and to develop either their own or others performance (self and peer assessment). Reflect on the core skills used and potential improvements in the use of tactics.	
Scan these QR codes for information <div></div> <div>Move and ReleaseTactics and Strategy</div>		Personal, Learning and Thinking Skills (PLTS): <div><div><input type="checkbox"/> Creative thinkers<input type="checkbox"/> Reflective learners<input type="checkbox"/> Team workers</div><div><input type="checkbox"/> Effective participants<input type="checkbox"/> Self managers<input type="checkbox"/> Independent enquirers</div></div>	

Week	Learning objectives	Suggested lesson tasks/activity ideas	Differentiation/ Personalised Learning/Assessment Tools
1	Attacking principles To demonstrate effective team play using attacking principles and be able to devise and select appropriate strategies. To perform skills in a small sided games making decisions about how best to advance on opposition. To demonstrate a clear knowledge & understanding of netball rules.	Warm up – Student led. Follow my leader as a pulse raiser. Set up a grid 4's to move to receive the ball on outside of square + release (see 'move and release' QR code) Revision of playing positions and player's roles. 2 handed passes – chest, shoulder, bounce, passing into space, passing to free player & footwork at speed. Recap good technique for shooting, stance, arm position, push through. Full 7 v 7 games – focus on good co-operation & accurate and well timed passes. Recap knowledge of rules. Players to officiate where possible	Group pupils appropriately to stretch and challenge. Mid-lesson plenaries check – rule checks, demonstrations – spot the odd one out – which is correct? Why is it advantageous to catch one handed? Use game play to draw out points for main plenary.
2	Outwitting opposition 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.	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. Recap dodging – sprint, feint, cross over behind. 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 games – focus on teams evaluating strategy and roles and making good decisions when in possession.	Increase/decrease speed of movement during warm up. Mid-lesson plenaries check – question understanding of keyword and how to execute strategies for attack. Who was your player of the match and why?
3	Defending principles To effectively develop defensive marking techniques off the ball – defending in the semi-circle using correct body and arm position. To accurately replicate set plays from the centre pass to outwit opponents. To be able to adapt set patterns of play if needed depending on previous outcomes.	Warm up – Student led. Jogging, high knees, heel flicks, lunges, squats, open and close the gate. Passing / footwork practices with pace, power and accuracy. Marking to delay the receipt of the ball. Defending the semi-circle keeping shooter out and pressure on (timed). Discuss defending tactics; Interception, marking & jumping for a rebounding shot. 7 v 7 game. Recap positions and rules. Students to umpire.	Decrease/increase pace/speed of warm up and area used. Mid-lesson plenaries check – Recap/test understanding of held ball rule and why applying pressure is important. Why should you stay close to your player, hold space especially under the post?
4	Defending principles 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, positioning & eye contact). To encourage effective decision making and to develop the skill of anticipation.	Warm up – Shadow drill. In 3's, 1vs1 with 1 feeder, must get free to receive pass from feeder. Partner to shadow effectively and intercept with good timing (1 st phase). Passing/footwork practices with pace, power and accuracy, change running patterns and direction. Marking the ball (2 nd phase) delaying the next pass > interception. Conditioned game using set pattern of play from the centre pass (with back up alternatives). Progress to 7 v 7 game. Suggestion 2 umpires – 2 scorers, 1 time keeper, 2 Coaches. Coaches have 2 timeout cards to stop play and devise strategies.	Increase/decrease the pace of the warm up to suit individuals. Appropriate skill levels matched. Mid-lesson plenaries check – How might attacking strategies change depending on the opposition faced? Did you have success in stopping a team scoring? Who is your defensive player of the match / lesson?
5	Tactics/team strategies 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.	Warm up – Shooting competition, each group of 4 has to score 4 before moving onto the next post. Passing to selected places on court at speed. Variety of dodges to receive the ball / holding the space and variation in direction. Teams to plan passing patterns/strategies (see 'tactics and strategy' QR code) Perform set pieces, attacking piece from centre pass & sideline, and defensive from the backline. Conditioned game – set side line pass and score from it. Full 7 v 7 games – recap positions. Coaches to implement set play at appropriate times. Rotate positions including umpires.	Individuals should be paired according to ability/understanding of the game. Mid-lesson plenaries check – Why is it important to have set lays for different scenarios in a game situation? Why is communication verbally and using signals key?
6	Role of umpire/coaching 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	Warm up – Student led. Reaction ball drill- collect reaction ball after partner dropped it, toss up practice in 3s. Passing grid practice, passing into space, using 1 and 2 handed catches and passes. Games are officiated by pupils to develop their leadership skills through game situations. Pupils to understand the importance of fair play and sportsmanship/ etiquette on court. 7 v 7 game. Players to rotate position every few mins, 1 time keeper, 2 Coaches, captain on each team. Coaches have 2 timeout cards to stop play and devise strategies.	Mid-lesson plenaries check – Why is reaction time important in netball? Have the games been officiated well? What are the common problems faced? How could teams / umpires improve for next time? Identify the strengths of player x?