



Scheme of Work: Netball

Key Stage: 4	YEAR: 11	DURATION: 6 LESSONS						
<p>Unit Aims: In this unit pupils will focus on building on core skills and applying them in games and physically demanding conditional drills. Pupils will prepare tournaments and both officiate & compete in them. They will work in groups taking on a range of roles and responsibilities to help each and improve as a team. To develop a deeper understanding about healthy lifestyles and fitness.</p>								
<p>All: Will physically exert themselves while taking part in competitive games and perform a simple role of scoring. Will be able to take part in small sided games and react to opponent's pressure with core skills.</p> <p>Most: Take part in physical demanding exercise. Use a sound selection of core skills and apply them against opposition. Work effectively in a small team to attack and defend with confidence showing a good knowledge of the rules. Umpire with confidence using correct terminology and instructions.</p> <p>Some: Identify aspects of a good performance, recognise weaknesses and suggest how a performance could be improved. Demonstrate a good level of tactical awareness and respond to changing situations by adapting and refining their techniques. Can set up and run a match between 2 teams and score effectively.</p>								
<p style="text-align: center;">Prior learning</p> <p>It is helpful if pupils have:</p> <ul style="list-style-type: none"> ➤ Taken part in games with netball rules enforced. ➤ Experienced a wide range of core skills and used them under pressure ➤ Experienced different roles in team. ➤ Seen set plays being used to successfully attack opposition or regain possession 	<p style="text-align: center;">Language for learning</p> <p>Through the activities in this unit pupils will be able to understand, use and recall terminology relating to netball.</p> <p><i>e.g. finding and using space, marking, defending stance, court positions, covering and interception, held ball, obstruction, contact, over a third, foot fault, off court, toss up, breaking, offside,</i></p>	<p style="text-align: center;">Resources</p> <ul style="list-style-type: none"> ➤ Netballs (size 5) ➤ 3 sets of Bibs ➤ Cones/Spots ➤ Netball posts ➤ Whistles ➤ Stopwatches ➤ Skipping ropes 						
<p>Key Concepts and Processes:</p>								
<p style="text-align: center;">Outwitting an opponent</p> <p>Pupils will further develop the ability to outwit opponents and teams using advancing strategies and tactics. Pupils will perform and replicate the core skills necessary in response to a changing situations. Able to identify space and will use this to advance a team forward. Attacking ability to get free from a defender, and intercept as a defender to regain possession</p>	<p style="text-align: center;">Developing Physical & Mental Capacity</p> <p>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, umpiring, scoring and time keeping to develop other roles in addition to player/performer.</p>	<p style="text-align: center;">Development & Replication of Skills</p> <p>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 in both closed practices and competitive situations.</p>						
<p style="text-align: center;">Problem Solving, Challenges & Making Decisions</p> <p>Pupils will create new defensive and attacking strategies to improve their team performance. Pupils should be able to recognise the importance of responding to their opposition within the game in attack and defence. Opportunities to umpire/ coach pupils/small groups will develop communication & leadership skills.</p>	<p style="text-align: center;">Making Informed Choices About Healthy, Active Lifestyle</p> <p>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.</p>	<p style="text-align: center;">Evaluating and Improving</p> <p>To improve observation and analysis skills and develop their own or others performance by self and peer assessment. Reflect on the core skills used and potential improvements. Be able to identify strengths and improvements for technique, strategies and tactics used by themselves and others.</p>						
<p>Scan these QR codes for information</p> <div style="display: flex; justify-content: space-around;">   </div> <p>Rules Summary 3 vs 1/3 vs 2</p>		<p>Personal, Learning and Thinking Skills (PLTS):</p> <table style="width: 100%; border: none;"> <tr> <td><input type="checkbox"/> Creative thinkers</td> <td><input type="checkbox"/> Effective participants</td> <td><input type="checkbox"/> Team workers</td> </tr> <tr> <td><input type="checkbox"/> Reflective learners</td> <td><input type="checkbox"/> Self managers</td> <td><input type="checkbox"/> Independent enquirers</td> </tr> </table>	<input type="checkbox"/> Creative thinkers	<input type="checkbox"/> Effective participants	<input type="checkbox"/> Team workers	<input type="checkbox"/> Reflective learners	<input type="checkbox"/> Self managers	<input type="checkbox"/> Independent enquirers
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Week	Learning objectives	Suggested lesson tasks/activity ideas	Differentiation/ Personalised Learning/Assessment Tools
1	Attacking principles To perform skills in a small sided game making decisions about how best to advance on opposition. To demonstrate effective team play using attacking principles and be able to devise and select appropriate strategies. To demonstrate a clear knowledge & understanding of netball rules. To be able to outwit opponents using a variety of passes with accuracy and timing.	Warm up – Skipping rope races around cones, partner to go. Team passing vs team running – cones set up in zig zags over 1/3 of a court, 2 teams, passers stand at a cone each and pass along, while runners all go from one end to the other. Passing – cut the cake drill – in a circle, 1 player inside, pass into circle, pass out to the next player, swap person in the middle and continue. Pivot practice – pairs, feeder has ball, other player stands with 3m away, feeder calls left or right and worker must pivot to face player and catch pass. Mini game practice in semi circle – feeder passes into GS or GA, while GK & GD defend. 7vs7 game, rotate positions, umpires, scores + time keepers.	Using drills to recap core skills in first lesson. Mid lesson plenary check – why is pivoting key? What running patterns did you use today? Can anyone demonstrate a simultaneous 2 footed landing and then pivot correctly?
2	Shooting/attacking principles To be able to select advanced tactics to outwit a defender when shooting at the goalpost. To accurately replicate the technique for a correct shooting action under pressure. To be able to evaluate pupils shooting technique and suggest ways to improve.	Warm up – 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. Shooting game situation – 2 feeders outside the semi circle, GA runs into the semi circle to receive the pass either shoots or passes to GS, GD and GK defend. Concentrate on split landing for a stronger technique. 7v7 game focus on: Accuracy, sudden Change of Direction, dodging to create space and getting free. Players to rotate positions with focus on shooters. Non-participants to umpire.	Increase/decrease speed of movement during warm up. Mid lesson plenary check – where is the ideal place to shoot from within the semi circle? How can staying on your toes be advantageous?
3	Defending principles Refine 1 st and 2 nd phase defending to be a successful defensive player. To accurately replicate set plays from the backline defensive throw in. To be able to adapt set patterns of play if needed depending on previous outcomes.	Warm up – 4's - Passing / movement / footwork practices with pace, power and accuracy (see 3 vs 1/3 vs 2' QR code) Marking to delay the receipt of the ball. Defending the circle keeping shooter out (timed). Recap 1 st stage – marking player, no ball, and 2 nd phase marking player with ball. Discuss defending tactics and set plays; Interception, marking & goal protection. 7 vs 7 game. Recap positions and rules (see 'rules summary' QR code) Students to umpire.	Mid-lesson plenaries check – How can confidence help with defending? Why is it important to look both at your player and the play when defending? Do you know who you can pass to if you intercept?
4	Defending principles To encourage effective decision making and to develop the skill of anticipation within a competitive situation. To outwit opposition when applying defending principles and when devising set plays. To replicate advanced defensive skills on and off the ball in a closed practice and within the game.	Warm up – Shadow drill. Gladiator drill – set up cones approx. 4m apart in a line, feeders with ball at each cone, in between player and feeder is a defender, aim to dodge and receive ball from feeder and move onto the next feeder, defenders are 'gladiators' stopping the pass and slowing progress. Space invaders - 2 teams of 5 using the semi circle, 5 players (attackers) start in semi circle with ball, make 5 successful passes to each other, one defender runs into the semi circle, 5 more passes, next defender in and so on, interception = change over. Decision making from 1 st phase into 2 nd phase marking quickly. Progress to 7 vs 7 game. 2 umpires – 2 scorers, 1 time keeper, 2 Coaches where possible	Increase/decrease the space to work in. Mid-lesson plenaries check - How important is agility to netball? Why is it important to practice in smaller groups in a pressured situation?
5	Tactics/team strategies To develop & refine set plays from the centre pass, sideline and backline. To be able to evaluate tactical outcomes and consider how to improve performance. To adapt game plans in response to the opposition.	Warm up – SAQ ladders and hurdles – work in teams of 4. Passing to selected places at speed, using spots and a feeder. Variety of dodges to receive the ball / holding the space and variation in direction. Conditioned game –half court, attackers shoot, defense must intercept and place the ball in the centre circle to receive a point. Quick decisions must be made, players have to switch from attacking and defending quickly depending on possession. Teams to plan passing patterns/strategies. Perform set pieces; from centre pass, sideline and backline. Full 7 vs 7 games. Coaches to implement set play at appropriate times.	Mid-lesson plenaries check – Discuss successful teams/plays/tactics and ask why they worked.
6	Role of umpire/coaching The pupils are to develop their knowledge and understanding of the rules in netball. To understand the importance of effective communication with others. To be able to adapt when working individually, in groups and teams. To develop and analyse team set plays and pick up on how your team can improve and break opponents set play patterns. Use of voice, clear instructions and key terminology.	Warm up – i) SAQ ladders drill. Coordination development. Reaction ball drill- collect reaction ball after partner dropped it. ii) Pupils organise small sided games on half a court. Games are officiated by pupils to develop their reaction time to stopping play, and giving an instruction. Pupils to understand the importance of fair play/sportsmanship/etiquette. 7 vs 7 game Players to rotate position every few mins, 1 time keeper, 2 Coaches and umpires. Teams and coaches must use set plays	Mid-lesson plenaries check – Have the games been officiated well? What are the common problems faced by a team? What should happen when the umpire blows their whistle?