

## Scheme of Work: Netball

Key Stage: 3	YEAR: 9	DURATION: 6 LESSONS
<p><b>AIM:</b> 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.</p>		
<p style="text-align: center;"><b>PRIOR LEARNING</b></p> <p>It is helpful if the pupils have:</p> <ul style="list-style-type: none"> <li>➤ Experienced setting up and organising netball practices in groups</li> <li>➤ Applied and adapted the principles of attack and defence in small sided games</li> <li>➤ Warmed up and cooled down safely</li> <li>➤ Learnt about specific techniques</li> <li>➤ Used and applied netball rules</li> </ul>	<p style="text-align: center;"><b>LANGUAGE FOR LEARNING/ICT/CITIZENSHIP</b></p> <p>Through the activities in this unit pupils will be able to understand and use words related to netball. Example; principles of attack and defence, court positions, marking, covering and interception. Opportunities for pupils to record rules and tactics. Watch video/compare professional game. Communication. Speaking and Listening, Cooperation &amp; Working together.</p>	<p style="text-align: center;"><b>RESOURCES</b></p> <ul style="list-style-type: none"> <li>➤ Netballs</li> <li>➤ Bibs</li> <li>➤ Cones/spots</li> </ul> <p>Information on local clubs</p>
<b>Key Concepts and Processes:</b>		
<p style="text-align: center;"><b>Outwitting an opponent:</b></p> <p>Pupils will further develop the ability to outwit opponents and teams using strategies and tactics. Pupils will learn to choose, combine and perform more advanced netball skills consistently applying fluency, greater accuracy and a higher quality of technique. A continual development, adaptation and refinement of the learnt skills will contribute to producing a successful performance.</p>	<p style="text-align: center;"><b>Developing Physical and Mental Capacity</b></p> <p>Pupils will develop mental capacity &amp; creative thinking when devising &amp; implement new tactics. Teamwork and problem solving can be developed through team selection and positional ideas based on individual strengths. 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.</p>	<p style="text-align: center;"><b>Developing Skills/Performance</b></p> <p>Pupils will learn to use the fundamental principles of invasion game play when selecting and applying tactics for defending and attacking. Pupils will further develop the skills necessary to outwit opponents. Passing, receiving, shooting, intercepting and beating an opponent will be developed through small sided games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.</p>
<p style="text-align: center;"><b>Making and Applying Decisions</b></p> <p>Opportunities to referee/coach pupils or small groups will develop communication and decision making skills. Pupils will learn to identify and recognise different principles of attack and defence. Pupils will implement more complex strategic and tactical decisions based on movement of the ball into space and choice of skill execution.</p>	<p style="text-align: center;"><b>Making Informed Choices About Healthy, Active Lifestyle</b></p> <p>Pupils will learn to prepare for and recover from exercise safely and effectively and to know the principles used. Pupils will recognise the benefits to their health of regular exercise and the benefits of being active. Suggest any netball clubs within the school timetable and promote community links. To understand the type of fitness components netball players need to perform at a high level.</p>	<p style="text-align: center;"><b>Evaluating and Improving</b></p> <p>Pupils will be able to use information gained from analysis of performance to influence and improve play. To take the initiative and decide how to develop and improve their own progress and that of others. Peer assessment, self assessment, modeling. Pupils should also evaluate their own and others performances; analyse strengths and weaknesses.</p>
<p><b>Cross Curricular Links:</b> Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)</p>		<p><b>Assessment:</b> Q &amp; A, Formative and summative assessment.</p>

### Extension & Enrichment

Out of lessons, at home and in the community, pupils could be encouraged to:

- 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

### Language for learning

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*

Speaking and listening – through the activities pupils could:

- collaborate with others to share information and ideas, and solve problems

### Expectations

**After carrying out the activities and core tasks in this unit.**

**most pupils will:** choose and use combinations of skills with confidence, accuracy and consistent quality in most of the games they play; use a sound understanding of the principles of play when planning their approaches to games; work effectively in small teams to choose and put into practice tactics for attacking and defending; recognise and explain the importance of getting ready for games; follow appropriate warm-up routines; identify the main aspects of a good performance; recognise weaknesses; suggest how a performance could be improved.

**some pupils will not have made so much progress and will:** choose and use skills that suit the games they play, showing greater strengths in some of the games than others; work with others in small teams to attack and defend; take on specific roles that suit their abilities; contribute to the organisation of a team; know that they need to prepare safely for games; follow warm-up routines they are given with some care; describe what they do best; work on ideas that they are given to improve their performance.

**some pupils will have progressed further and will:** choose and apply complex skills and techniques that are suited to games; use these skills and techniques fluently and precisely; plan and adapt team and individual tactics, varying them as the need arises; take a leading role in teams and have a significant impact on the games played; recognise the similarity in approaches between the games and adapt ideas and approaches willingly and easily; prepare for games, devising effective warm-up routines; understand the importance of cooling down; describe quality in performance clearly and precisely; decide how to improve different aspects of performance.

WEEK	LEARNING OBJECTIVES	TASK EXAMPLES	POINTS TO NOTE/ DIFFERENTIATION
1	<b>Recap netball fundamentals</b> To demonstrate knowledge & understanding of netball rules. To perform a variety of passes at speed and with control. To be able to perform these in a small sided game to outwit opponents. To be able to catch the ball from a variety of situations with improved technique and greater consistency.	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.	All lessons start with netball related warm-up and re-cap work of previous lesson.  Make learning as active as possible
2	<b>Use of space/court linkage</b> 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.	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.	Give opportunities to plan tactics  Research rules on internet  Tasks set to cater for levels of ability
3	<b>Attacking principles</b> To demonstrate effective team play using attacking principles and be able to devise and select appropriate strategies. To perform skills in a small sided game making decisions about how best to advance on opposition. To explore ideas, concepts of attacking play when in space and with ball possession.	Warm up – Student led. Advance ball skills. In 2’s : Figure of 8 around two cones (‘Posts’) Fast feet, good reaction. In 2’s : Moving left and right to receive the ball : one handed catch, bring ball into chest. Discuss attacking tactics; Possession, Timing, Passing & space. Quick ball movement important. 2v1 – indicating to receive the ball, moving sideways, forwards, backwards. 7 v 7 game. Recap positions and rules. Students to gain experience as an official.	Number of touches  Distance from target
4	<b>Defending principles</b> To accurately replicate effective marking techniques and intercept any passes sent towards them. To outwit opposition when applying defending principles and when devising game plans. To evaluate individual performances and suggest ways to improve.	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.	Size of practice area  Size of target
5	<b>Tactics- centre pass/within the circle</b> 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.	Warm up – Student led. SAQ ladders and hurdles – work in teams of 4. Groups of 9. Experiment with centre pass options. <i>Pupils are encouraged to become increasingly responsible for their own learning deciding how to develop and improve their own work and that of others</i> 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?	
6	<b>Assessment</b> 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 understanding of the rules in netball. Further development - Inter house/form netball comp.	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 rules, regulations and team (points to be added to netball scores). 7 v 7 game. Discuss assessment criteria and what to expect. Teacher grades against NC levels	