

KESTEVEN AND SLEAFORD HIGH SCHOOL

Physical Education Scheme of Learning

Year 7- Netball

Intent – Rationale

In this unit students focus on how to use basic principles of attack and defence to plan strategies and tactics for Netball. Students will work on improving the quality of their skills with the intention of outwitting opposition. In all games activities, students think about how to use skills, strategies and tactics to outwit the opposition.

Sequencing – what prior learning does this topic build upon?	Sequencing – what subsequent learning does this topic feed into?
<p>Learnt the basic principles of attack and defence. Worked in small teams to plan how to play Taken different roles in some games, including attacker and defender</p>	<ul style="list-style-type: none"> • Year 8 Netball • Invasion games in principles of attack and defence
What are the links with other subjects in the curriculum?	What are the links to SMSC, British Values and Careers?
<ul style="list-style-type: none"> • Literacy (key words), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences) 	<ul style="list-style-type: none"> • BV2 • BV4 • M • SO
What are the opportunities for developing literacy skills and developing learner confidence and enjoyment in reading?	What are the opportunities for developing mathematical skills?
<ul style="list-style-type: none"> • Please fill this in with your own suggestions alternatively the LRC team will provide some suggested titles/links 	<ul style="list-style-type: none"> • Maths (scoring)

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Intent – Concepts

What knowledge will students gain and what skills will they develop as a consequence of this topic?

Know

Can pass and shoot with reasonable accuracy and demonstrate a developing technique usually applied with coordination and control. Can demonstrate techniques usually applied with coordination and control to gain an advance over an opponent. Tactically awareness is improving and response to situations has started to vary. Can see the differences between their performances and others. Understands the need to warm up.

Apply

Can use skills and techniques together with accuracy to outwit an opponent. Can demonstrate skills successfully and begins to understand importance of strategy and tactics when attacking. Can catch and pass a ball successfully. Able to compare their own and others work and see the differences so that they can improve their own performance. Able to explain in simple terms the physical effects of exercise on their body and safe way of preparing for exercise. A deeper understanding of the health and fitness and the importance.

Extend

Can consistent replicate skills with control and in response to opposition pressure. Able to demonstrate a sound level of tactical awareness and can respond to changing situations by changing and refining their skills and techniques. Can select a very good range of skills to outwit an opponent. Can suggest ways to improve performances. Can conduct a suitable warm up and explain why exercise is good for health

What subject specific language will be used and developed in this topic?

What opportunities are available for assessing the progress of students?

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<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Q & A, Formative and summative assessment.
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Intent – Concepts

Lesson title	Learning challenge	Higher level challenge	Suggested activities and resources
Passing & foot work rule	To be able to perform fundamental netball passing and handling skills. To be able to perform these in a small sided game to maintain ball possession & begin to outwit opponents.	To develop an understanding and knowledge of the basic footwork rule of netball.	Warm up – Student led. In the river on the bank ‘fast feet’ drill. Players stand opposite partner and on command jump forward and back – balance and co-ordination task. Highlight various passes-perform static and on the move – chest, bounce, shoulder, overhead. T.P’s; Elbow out, step in to pass. Receiving = provide target for passer to aim at, landing on 1 or 2 feet – pivoting. Discuss court markings + positions. Small sided games. Footwork + contact rule.
Creating space/outwitting opponents	To be able to outwit opponents using learnt skills and techniques. To understand the importance of ‘getting free’ order to attack. To develop their understanding of strategic and tactical play to beat and outwit an opponent.	To develop understanding of netball rules and court positions.	Warm up – Student led. SAQ ladders and hurdles –work in teams of 4. encourage fast feet / dodging drills (ikky shuffle, sprint off sideways to cones etc.) Recap of passes and footwork. 3’s- 1 feeder + move away from marker to receive the ball (sideways/backwards & forwards) Highlight importance of moving into space to receive the ball. 7 v 7 game define positional roles (GK-GD-C-WA-WD-GA-GS). Obstruction and contact rules. Players to officiate.

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<p>Attacking play/dodging</p>	<p>To be able to move accurately into a space to receive a well timed pass. To perform skills in a small sided game making decisions about how best to advance on opposition.</p>	<p>To explore ideas, concepts of attacking play when in space and with ball possession. Identify individual and team strengths and areas for improvement.</p>	<p>Warm up – Student led. Partner shadow using lines on netball courts. Choose individual students to lead e.g. side stepping, high knees, sprint, and jog. Vary speed and direction. Recap prior learning – discuss ways a player may get free. . 4’s- 1 feeder 1 observer + 1vs1. Demo sprint dodge + introduce Run, stop, run again. demo feint: move one way and run another. Rotate positions. More able students to set up on own. Focus on roles of each player. 7 v 7 game. Recap positions.</p>
<p>Shooting</p>	<p>To develop their understanding and knowledge of where on the court shooting can take place. To accurately replicate the technique for a correct shooting action.</p>	<p>To be able to evaluate pupils shooting technique and suggest ways to improve.</p>	<p>Warm up – Student led. Crows and Cranes – in pairs, two lines. On command run to nearest line, partners chases. 2min shoot out: In 2’s passing ball up and down court (recap footwork rule) & shoot when in goal circle. 6 shooting stations : players to experiment with shooting from various angles into netball post. 7 v 7 game. Recap positions & rules. Non-participants to umpire.</p>
<p>Defending/positional awareness</p>	<p>To be able to identify the distinct roles of each playing position and the areas permitted. To confidently describe the rules and laws regarding contact. To be able to outwit opponents using learnt defending skills and techniques.</p>	<p>To develop the skill of anticipation in a game situation.</p>	<p>Warm up – Student led. SAQ ladders and hurdles – work in teams of 4. Practices around court to identify positional areas of play – eg 3v3 game in WA area or in GD area. Man to man marking to achieve an interception: In 3’s straight line (shadow marking) then angled.(to reduce contact). Players should be able to see and avoid challenging opponents without losing possession. 7 v 7 game define rules governing marking – 3 feet, hands close to body (not across player).</p>
<p>Assessment</p>	<p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To understand of the rules in netball. To</p>	<p>The pupils are to develop their knowledge and</p>	<p>Warm up – Student led. SAQ ladders and hurdles. Recap prior learnt skills. 3’s Passing, receiving on the move. Set up 1 vs 1 dodging drill. Demonstrate the ability to outwit</p>

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	demonstrate the ability to evaluate performances and suggest ways to improve. Further development - Inter house/form netball comp.		defenders. Pupils to describe netball rules. 7 v 7 game Discuss assessment criteria and what to expect.
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