

# KESTEVEN AND SLEAFORD HIGH SCHOOL

## Physical Education Scheme of Learning

### Year 9- Netball

#### Intent – Rationale

Students 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 opposition.

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| <b>Sequencing – what prior learning does this topic build upon?</b>                                                                                                                                                                                        | <b>Sequencing – what subsequent learning does this topic feed into?</b>                           |
| <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> </ul> | <ul style="list-style-type: none"> <li>• Year 10 outdoor games/ GCSE Netball</li> </ul>           |
| <b>What are the links with other subjects in the curriculum?</b>                                                                                                                                                                                           | <b>What are the links to SMSC, British Values and Careers?</b>                                    |
| <ul style="list-style-type: none"> <li>• Literacy (key words), PSHE (sportsmanship), Science (bodily functions and healthy lifestyle consequences)</li> </ul>                                                                                              | <ul style="list-style-type: none"> <li>• BV2</li> <li>• BV4</li> <li>• SO</li> <li>• M</li> </ul> |
| <b>What are the opportunities for developing literacy skills and developing learner confidence and enjoyment in reading?</b>                                                                                                                               | <b>What are the opportunities for developing mathematical skills?</b>                             |
| <ul style="list-style-type: none"> <li>• Please fill this in with your own suggestions alternatively the LRC team will provide some suggested titles/links</li> </ul>                                                                                      | <ul style="list-style-type: none"> <li>• Maths (scoring)</li> </ul>                               |

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### Year 9- Netball

#### Intent – Concepts

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

##### Know

Can consistently 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.

##### Apply

Good skill level and shows vision within game situations. Becoming more influential in the game outwitting opponents easily. Can change strategies and tactics to exploit opponents' weaknesses. Can analyse and explain how skills have been used and suggest ways to improve further. Know how different type of exercise helps with health and fitness and can suggest ways of warming up and cooling down.

##### Extend

An advanced level of skill and technique is evident even under pressure and when outwitting an opponent. Can adapt and apply these to suit both defensive and attacking situations. Can analyse their own opponent's play using sound technical knowledge, and plan ways to improve team and individual performance. Can plan their own exercise and activity programme to suit their specific needs and carry it out.

**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"> <li>• 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</li> <li>• preparation, eg warming up, cooling down</li> <li>• assessment, eg collecting and analysing data</li> </ul> | <ul style="list-style-type: none"> <li>• Q &amp; A, Formative and summative assessment.</li> </ul> |
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## Intent – Concepts

| Lesson title                      | Learning challenge                                                                                                                                                                          | Higher level challenge                                                                                     | Suggested activities and resources                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| <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 |

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|                                   |                                                                                                                                                                                                                            |                                                                                               | knowledge of rules. Players to officiate.                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <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. 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. |
| <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                                                                  |

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|                                               |                                                                                                                                                                                           |                                                                              | positions and rules. Students to gain experience as an official.                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Defending principles</b>                   | To accurately replicate effective marking techniques and intercept any passes sent towards them.<br>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. |
| <b>Tactics- centre pass/within the circle</b> | To be able to select advanced tactics to outwit opposition.<br>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.<br>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><br>7 v 7 game – solve game problems by varying positional roles and game plans for each                                                                                                 |

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|                   |                                                                                                                   |                                                                                      | team. Eg How could opposing GD respond to different tactics from the GA?                                                                                                                                                                                                                                                                                                                                                                |
| <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. | 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. |