

# LESSON PLAN: **NETBALL**: YEAR 3: WEEK 1

**LESSON OBJECTIVE:** To develop an understanding of the footwork rule. To attempt the two footed landing and the pivot action.

## **WARM UP (10 MINS)**

Freeze game: Pupils to run within an area. When the whistle is blown, pupils have to stop by jumping onto two feet shoulder width apart. If pupils wobble off balance or take any extra steps, they are out. Pupils are also out if they run out of the area or if they bump into another person. Last person in is the winner.

**Question:** Why might you need to stop suddenly in netball?

**Answer:** In netball you are not allowed to move if you have possession of the ball.

**Question:** Why did I ask you not to bump into another person?

**Answer:** Netball is a non-contact game.

## **MAIN LESSON (20 MINS)**

Explain the footwork rule to the pupils. In Pairs, one person lightly throws the ball up into the air; their partner has to jump up to receive the ball, landing on two feet shoulder width apart for stability. Pupils can provide feedback to their partner. 5 goes each and then swap over.

**Develop:** To receive the ball on the move, pupils can run to the nearest court line and their partner can throw a high ball to them on their way back. Pupils are to jump up and stop with a two footed landing, pivot around and throw the ball back to their partner. Emphasis on stretching hands out for the ball and jumping up high for a clear stable landing bending their knees.

## **GAME/COMPETITION (15 MINS)**

Using 1/3 of a court, play 2 v 2. Pupils have to get the ball to the end of the court using the correct footwork without the opposite team intercepting the ball. Best of 5 then rotate pupils around to play another team.

## **EQUIPMENT**

- Netballs
- Bibs
- Cones
- Stop watch

## **KEYWORDS**

- Sticky feet
- Balance
- Wide stance

## **DIFFERENTIATION**

### **LESS ABLE**

- In the main lesson, partners can hold the ball still above their head rather than throwing it up for their partners.

### **MORE ABLE**

- Pupils can face away from their partner and only turn around to catch the ball when their partner shouts go.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	5	Can they perform their two footed footwork skills to a high ability?
	4	Can they perform their two footed footwork skills with a certain degree of control?
	3	Can they perform their two footed footwork skills, with very little control?
Tactics, Rules & Teamwork	5	Works with their partner & demonstrates knowledge & understanding of the task.
	4	Can work with a partner & understands the directions.
	3	Starts communicating with a partner.
Show & Link	5	Can they link: jumping, receiving the ball, landing, and pivoting using the correct technique, to a high ability?
	4	Can they show and link: jumping, receiving the ball and landing using the correct technique, to a good ability?
	3	Show how to receive the ball landing on two feet.
Describe Ways to Improve	5	Are able to describe and improve performance.
	4	Are able to describe performance.
	3	Are able to see differences in performance against a simple model.
Fitness & Health	5	Shows a solid understanding of why physical activity has health benefits.
	4	Has some knowledge of why physical activity has health benefits.
	3	Has little knowledge of why physical activity has health benefits.