

LESSON PLAN: **NETBALL**: YEAR 3: WEEK 2

LESSON OBJECTIVE: Passing short distance: To attempt the chest throw and bounce pass within a game situation.

WARM UP (10 MINS)

Pupils are to jog in and out of each other. Every time the teacher blows the whistle, pupils need to jump and land on two feet. They then pivot to change direction before continuing with their jogging. The teacher can give pupils different speeds for pupils to jog/run at. E.g. half speed/full speed etc.

Question: Why is a warm up important?

- To avoid injury
- To improve performance
- To prepare the body for activity, both physically and mentally.

MAIN LESSON (20 MINS)

Netball specific (short distance) passes to be taught.

Chest pass:

- Feet shoulder width apart
- Hands in a 'w' shape behind the ball
- Elbows tucked in towards the body
- Step forward and push and flick the fingers towards the target

Bounce pass: Same as above except push the ball towards the floor so that the ball bounces up at their partners hands.

In pairs, pupils practice the correct technique, emphasis on having their hands ready to catch, being light on their toes ready to move to receive the ball, and concentration.

Develop: To encourage passing on the move, pupils are to create small groups of 4-6. Split in half and facing each other, the group has one ball. Pupils are to pass the ball to the opposite line and then follow the pass by running to the back of the opposite line. Teachers can make it competitive by giving a time limit to see how many passes the team can make without dropping the ball.

GAME/COMPETITION (15 MINS)

Five passes: 3 v 3 in a 3rd of court. 1 point scored for every 5 consecutive passes made. The ball must be kept inside the lines.

EQUIPMENT

- Markers
- Netballs
- Bibs

KEYWORDS

- Aim
- Control
- Power

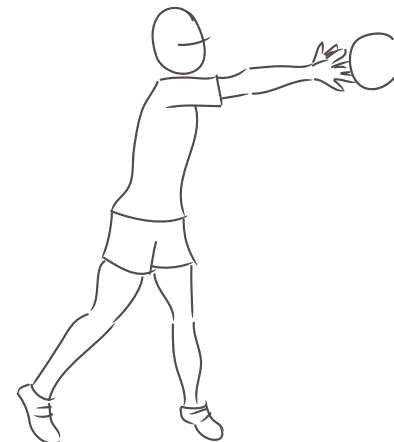
DIFFERENTIATION

LESS ABLE

- Pupils can stand closer to their partner when practising the passes.
- Include 'safe' areas within the game in which they cannot be defended by the opposition players.

MORE ABLE

- In the game, all players have to be passed the ball before points can be awarded.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	5	Can they perform the short distance throwing skills to a high ability?
	4	Can they perform the short distance throwing skills with a certain degree of control?
	3	Can they perform some of the short distance throwing skills, with very little control?
Tactics, Rules & Teamwork	5	Works with their partner & demonstrates knowledge & understanding of the short passes in Netball.
	4	Can work with a partner & understands when to use short passes in Netball.
	3	Starts communicating with a partner when using short passes in Netball.
Show & Link	5	Can they link: all the skills and technique points required for the short passes in Netball to a high ability?
	4	Can they show and link: some of the skills and technique points required for the short passes in Netball, with a certain degree of control?
	3	Show knowledge of how to perform the short distance passing techniques, but unable to perform the skill?
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.