

LESSON PLAN: **NETBALL**: YEAR 3: WEEK 4

LESSON OBJECTIVE: Introduce basic attacking skills, creating space with the straight dodge technique.

WARM UP (10 MINS)

Bull dog tag: All pupils start at one end of the court except one person (the catcher) who stands in the middle. Pupils have to try and run to the other end of the netball court without being tagged by the catcher. If they do get tagged, they become a catcher also. Last person in wins. Put an emphasis on dodging and weaving the catchers.

Question: What did you have to do to get away from the catchers?

Answer: Change direction at speed, which is agility.

MAIN LESSON (20 MINS)

Pupils to be taught the straight dodge. In 3's (1feeder, 1defender, 1attacker), the attacker has to run into a space very quickly to receive the ball from the feeder without the defender getting the ball. Put the emphasis on being light on the toes, using a sharp change of direction to fool the opponent, and stretching the hands out to show the feeder where they want the ball.

Develop: Try the straight dodge in various directions and swap round positions.

GAME/COMPETITION (15 MINS)

Using ideas of a 'war' ask pupils when the easiest time to attack the opposition's territory is. When there is no-one there/when there is space. Pupils in their groups of 3, play piggy in the middle (2v1). Give emphasis on driving into space to get away from the defender. Introduce the rule of holding the ball for no longer than 3 seconds.

EQUIPMENT

- Netballs
- Bibs
- Markers

KEYWORDS

- Agility
- Speed
- Communication
- Timing
- Space

DIFFERENTIATION

LESS ABLE

- Defenders are only allowed to shadow the attacker to begin with.

MORE ABLE

- Give them less space to use within the game.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	5	Can they perform the straight dodge to a high ability?
	4	Can they perform the straight dodge with a certain degree of control?
	3	Can they perform the straight dodge with very little control?
Tactics, Rules & Teamwork	5	Works with their partner & demonstrates knowledge & understanding of the straight dodge.
	4	Can work with a partner & understands the straight dodge.
	3	Starts communicating with a partner using hand signals when using the straight dodge.
Show & Link	5	Can they link: the different skills required to perform the straight dodge to a high ability?
	4	Can they show and link: some of skills required when they are performing the straight dodge?
	3	Show knowledge of the skills required to perform the straight dodge, 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.