

Prior learning and Expectations of the unit – First Step Netball

It is important to recognise what the children should already be capable of doing before teaching this unit so that differentiation is easier. I have also included what the children should be expected to do at the end of a unit which should help you to see the progression in the lessons.

<u>Prior Learning</u>	<u>Expectations of the unit</u>
<p><i>It is helpful if the children have:</i></p> <ul style="list-style-type: none"> • used throwing and catching skills with opposition • tried kicking and hitting a ball with an implement accurately • tried keeping control of a ball with an implement • experienced passing to a partner accurately when under pressure • knowledge of the basic concept of invasion games • knowledge of rules and how to keep them fairly • cooperated with a partner 	<p><i>Most children will be able to:</i> throw and catch with control to keep possession and score 'goals'; be aware of space and use it to support team-mates and cause problems for the opposition; know and use rules fairly to keep games going; keep possession with some success when using equipment that is not used for throwing and catching skills; explain why it is important to warm up and cool down; say when a player has moved to help others; apply this knowledge to their own play</p> <p><i>Some children will not have made so much progress. They will be able to:</i> throw and catch with control when under limited pressure; make effective decisions when they have the ball, but take time to make them; move to find space when they have not got the ball, when prompted and guided; follow a simple warm-up routine; comment on successful passes and shots at goal; keep the score</p> <p><i>Some children will have progressed further. They will be able to:</i> play effectively with speed and precision, as members of both small and larger teams; decide quickly where and when to pass the ball, showing good awareness of what is going on around them; vary tactics and adapt skills in response to the situation they face in a game; play a wider range of games and use a variety of skills and equipment well; lead small groups for warm-up activities; say why simple tactics worked</p>

Planning – throwing and catching skills leading to a ‘netball type’ game

This unit of planning is designed for 6 weeks but can be made longer or shorter, with more time spent on learning skills or developing the ‘game’ further. Each lesson ensures the children begin with a warm-up where they can learn about fitness and health, practice a key skill for the game, develop and apply the skill further and evaluate what they have learnt, suggesting improvements for next time.

WHEN PLAYING SMALL SIDED GAMES, CHILDREN WHO HAVE THE BALL CAN MOVE UP TO 3 STEPS WHEN IN POSSESSION – FOOTWORK WILL BE LOOKED AT IN THE UPPER SCHOOL.

<u>WEEK</u>	<u>LEARNING OBJECTIVE/SUCCESS CRITERIA</u>	<u>WARM-UP</u>	<u>SKILLS TEACHING AND PRACTICE</u>	<u>APPLICATION AND EVALUATION</u>	<u>COOL DOWN</u>
1	<p>WALT:</p> <ul style="list-style-type: none"> Practice throwing and catching to a partner and group of children Accurately throw a ball/beanbag in a small 2 v 1 game (piggy-in-the middle) 	<p>Video recorder – children respond to the following commands: Play – walk Rewind – walk backwards Fast forward – run Pause – jump on spot Stop – freeze Eject – jump up! Record – pull a funny face</p> <p>Stretches of arms and legs. Question children about why we need to warm up at the beginning of every PE lesson.</p>	<p>Explain LO of lesson. Demonstrate throwing and catching; step onto opposite leg, keep eye on ball, follow through with arm, aim for chest of partner. Use bean bags to begin, then progress onto balls (depending on ability of child) Get some good children to demonstrate! Set challenge; how many accurate passes in 30 secs?</p> <p>Talk about invasion games – played as a team so need to ensure they can pass in more than 1 direction. Demonstrate in a group of 4 passing ball to each other, calling name, moving in case ball doesn't quite reach. 30 sec challenge again.</p>	<p>Discuss invasion games again – played in teams so opposition will be trying to get ball. All about moving around so ball stays with your team.</p> <p>Apply skills of today to a small sided 2 v 1 game – what will they have to do? (move, call name) how about person in the middle? (jump, move) Get good children to demonstrate; what did they find easy? What do they need to work on for next week?</p>	<p>Follow leader on lines of netball court – begin jogging, then skipping and finally walking.</p> <p>Finish with some light stretches. Ask why we need to cool down.</p>

2	<p>WALT</p> <ul style="list-style-type: none"> • Travel whilst throwing and catching • Communicate by calling and signalling for ball • Play a small sided game whilst travelling 	<p>Play 'Stuck in the mud' (prepares children for movement and awareness of opposition).</p> <p>Stretches of arms and legs. Question children about why we need to warm up at the beginning of every PE lesson.</p>	<p>Recap skills from last week; explain they will be using these again but focusing on travelling with ball – why do you need to travel in an invasion game?</p> <p>Demonstrate travelling across netball court, make sure 1 child starts with ball and partner is diagonal to them. Call child's name, accurate throw, run on, same thing again.</p> <p>Adapt by using 3 children – still focus on travelling in a zig-zag formation, calling name, accurate throwing.</p>	<p>Children to stay in groups of 3 – 2 v 1 game.</p> <p>They will be travelling across netball court, but will have a defender in middle trying to stop ball. If they manage to get across netball court without defender getting ball, score 1 point. Focus on movement and communication – instead of calling name, signal with hand where they want ball. Stress importance of moving, space is essential!</p> <p>Evaluate – why communicate? Why must you move into a space?</p>	
3	<p>WALT</p> <ul style="list-style-type: none"> • Use accurate passing whilst moving • Aim at a target accurately with and without opposition 	<p>Children get into partners and have 1 ball between them. Make up 3 commands that involve some of the skills they have been learning e.g 1 = 5 accurate passes to each other, 2 = 5 accurate passes whilst moving, 3 = 5 accurate passes using signalling. When each command has been completed, jog around area.</p> <p>Stretches of arms and legs. Question children about why we need to warm up at the beginning of every PE lesson.</p>	<p>Recap skills from last week – travelling and signalling – talk about why these are important (emphasise use of space!) Children to get into groups of 4 and practice these skills again. To begin, no defenders; focus should be on running to spaces and signalling – then accurate passing. Once children have practised, 1 or 2 of the children become defenders to make it harder. Demonstrations of good skills needed to help children understand movement and creating space.</p> <p>Then introduce 'goals' for children to aim at. Each 4</p>	<p>3 v 1 game or 2 v 2 game. Using 1/3 netball court, children to now apply skills of movement and scoring with defenders. Ensure they are creating space and moving towards the goals so they have a chance of scoring. If the defenders get the ball at any point, then designate a 'restart' point. Change attackers and defenders so everyone has a go at each position.</p> <p>Demonstrations important – pick out teaching points and what the children have to remember when attacking and defending.</p>	

			gets 1/3 of netball court – work across and have 3 hoops spread along back line to aim for. Middle hoop = 5 points, other hoops = 1 point. Still focus on space and movement.		
4	<p>WALT</p> <ul style="list-style-type: none"> Score 'goals' effectively Begin to play an 'end-to-end' game 	<p>Children get into groups of 5 with a ball between them. Make up 4 or 5 commands that involves ball skills e.g. 1 = jog on spot whilst passing ball, 2 = run round the outside of circle when ball thrown etc.</p> <p>Stretches of arms and legs – get a more able child to lead this. Question children about why we need to warm up at the beginning of every PE lesson.</p>	<p>Recap last week – explain they will be looking at scoring 'goals' more effectively this week. Children to be in groups of 4 – 3 v 1. Have only 1 hoop as the 'goal', talk about movement around 'goal' – where to stand if trying to score, getting into space. Defender must be on toes trying to get in the way of ball. Children to practice this in groups ensuring they all get to be a defender and attacker.</p> <p>Discuss games like netball and football – establish that both teams can score so it is an 'end-to-end' game. Therefore both become attackers and defenders.</p>	<p>Children in groups of 5. without too much input, play an 'end-to-end' game, allowing children to have a sense of proper game play – demonstration needed. Still focus on creating space and communicating, but don't worry too much on positioning – will focus on this in the following week.</p> <p>After a short time, bring children together and talk about what they have found out.</p>	
5	<p>WALT</p> <ul style="list-style-type: none"> Think about positioning ourselves when playing an 'end-to-end' game 	<p>Play 'Stuck in the mud' – focus on movement and awareness of space.</p> <p>Stretches of arms and legs – get a more able child to lead this. Question children about why we need to warm up at the beginning of every PE lesson.</p>	<p>Children will be focusing more on positioning themselves correctly when playing and 'end-to-end' game.</p> <p>Groups of 4 – 2 attackers and 2 defenders. One attacker starts with ball, talk about where others should be positioned – use children to demonstrate – defenders should always be in front of attackers. When defender gets ball, what should happen now? Where should opposition be standing? Children to play short game</p>	<p>Now, they will apply this to an 'end-to-end' game which involves scoring. Effectively, each team will be attacking and defending, depending on who has the ball. You will be looking for good positioning and movement – remember, child with ball can move upto 3 steps. Use 3 hoops as the 'goals' – 3 points for middle hoop and 1 point for the outside hoops. When a team scores, the opposite team takes a</p>	

			exploring this.	free pass from back line. If it goes out, opposite team takes a free pass from where it leaves playing area. Evaluate performance – what will they need to do when playing with more people? Remember these teams for next week.	
6	<u>WALT</u> <ul style="list-style-type: none"> Apply our skills in a mini-tournament 	Very quick jog around netball courts and quick stretching – need maximum time for tournament play.	Children should be in same groups of 4 from last week. Play a mini-tournament, 4v4 'end-to-end' game using 1/3 of netball court. Hoop at either end to score a 'goal'. Could have both classes out at the same time to make it more competitive? 2 mini-leagues happening at the same time; 3 points for a win, 1 point for a draw. Whoever scores the most points wins! Children should be focusing on skills learnt over past few weeks to be able to play the game effectively.		