

# 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><b><i>It is helpful if the children have:</i></b></p> <ul style="list-style-type: none"> <li>● used throwing and catching skills in mini-games</li> <li>● used striking and hitting skills</li> <li>● followed rules in games</li> <li>● used simple attacking tactics</li> <li>● played some end-to-end games</li> </ul>	<p><b><i>Most children will be able to:</i></b> play games with some fluency and accuracy, using a range of throwing and catching techniques; find ways of attacking successfully when using other skills; use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and getting into positions to score; know the rules of the games; understand that they need to defend as well as attack; understand how strength, stamina and speed can be improved by playing invasion games; lead a partner through short warm-up routines; watch and describe others' performances, as well as their own, and suggest practices that will help them and others to play better</p> <p><b><i>Some children will not have made so much progress. They will be able to:</i></b> play games at a slower pace, using throwing and catching techniques; play games with less consistency and control, using kicking and striking techniques; use a small number of basic tactics for attacking; recognise the similarities between invasion games, even though they use different sending, receiving and 'travelling with' techniques; recognise that games make them use their muscles and get their heart pumping faster; say why it is important to warm up; describe, with help, similarities and differences in the way other people play games</p> <p><b><i>Some children will have progressed further. They will be able to:</i></b> play all the games well, using the range of equipment provided; make tactical decisions quickly; keep possession and make progress consistently; have a strong influence on games, helping others to play better; know that strength, stamina and speed are important in games; suggest ways of organising the lesson to improve stamina; suggest different ways in which tactics or techniques could be used; choose one focus for improvement</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 UPTO TO 3 STEPS WHILST BOUNCING THE BALL 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><b>WALT:</b></p> <ul style="list-style-type: none"> <li>Practice throwing and catching using various passes to a partner and group of children</li> <li>Using a variety of passes in a small 2 v 1 game (piggy-in-the middle)</li> </ul>	<p>Video recorder – children respond to the following commands:  <b>Play – walk</b>  <b>Rewind – walk backwards</b>  <b>Fast forward – run</b>  <b>Pause – jump on spot</b>  <b>Stop – freeze</b>  <b>Eject – jump up!</b>  <b>Record – pull a funny face</b></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. Explain and demonstrate underarm throwing; step onto opposite leg, keep eye on ball, follow through with arm, aim for chest of partner. Will be looking at other passing techniques – chest pass and bounce pass. Demonstrate. Set challenge; how many accurate passes in 30 secs? Vary the types of passes children do.</p> <p>Explain they are practising throwing and catching techniques for playing as a team.. Demonstrate in a group of 4 passing ball to each other, calling name, moving in case ball doesn't quite reach. 30 sec challenge</p>	<p>Recap that team games involve moving to create space for your team to pass ball.</p> <p>Apply skills of today to a small sided 2 v 1 game – what will they have to do? (move, call name) will need to think about the passes they apply – if person in the middle jumps, maybe it's best to do a bounce pass. 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>

			again – first with chest pass, then bounce pass, then underarm – which was easiest? Hardest?		
2	<p><b>WALT</b></p> <ul style="list-style-type: none"> <li>Position our bodies correctly whilst passing a ball</li> <li>Position our bodies correctly whilst receiving a ball</li> </ul>	<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 correct body position when sending and receiving the ball on the move – why do you need to travel in an invasion game? Why must you position your body correctly in an invasion game?</p> <p>Demonstrate travelling across netball court, make sure 1 child starts with ball and partner is diagonal to them. Using chest pass, talk through correct body position of sender and receiver – then once ball has been thrown, child runs on, ready to receive in new position. Do this for all 3 throwing passes.</p> <p>Adapt by using 3 children – still focus on travelling in a zig-zag formation, focusing on correct body position accurate catching and then sending on.</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 correct body positioning and variety of passing – try and ‘trick’ defender by using bounce pass, ‘dummy’ technique. Stress importance of receiver being reader for ball – must move quickly!</p> <p>Evaluate – what did they have to do in order to be successful? Why must you move into a space quickly?</p>	
3	<p><b>WALT</b></p> <ul style="list-style-type: none"> <li>Use accurate passing whilst moving</li> <li>Aim at a target accurately with and without opposition</li> </ul>	<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 <b>1 = 5 accurate bounce passes to each other, 2 = 5 accurate chest passes whilst moving, 3 = 5 accurate underarm passes.</b> When each command has been completed, jog around area.</p>	<p>Recap skills from last week – travelling and correct body positions when sending and receiving the ball – talk about why these are important. Children to get into groups of 3 or 4 and practice these skills again. To begin, no defenders; focus should be on correct body positions – then accurate passing. Once</p>	<p>3 v 1 game or 2 v 2 game. Using 1/3 netball court, children to now apply skills of positioning and scoring with defenders – 1 child is still designated scorer. Ensure they are creating space and moving towards the goals so they have a chance of scoring. If the defenders</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>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. Practise shooting from different angles. Each 4 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. 1 child nominated to be 'scorer' – all 3 children move about the space with 5 accurate passes before shooting but only the 'scorer' is allowed a shot on goal – focus on positioning and aiming at goal – each child gets a turn at scoring.</p>	<p>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>	
4	<p><b>WALT</b></p> <ul style="list-style-type: none"> <li>Score 'goals' effectively</li> <li>Begin to play an 'end-to-end' game</li> </ul>	<p>Children get into groups of 5 with a ball between them. Make up 4 or 5 commands that involves ball skills e.g. <b>1 = jog on spot whilst passing ball, 2 = run round the outside of circle when ball thrown</b> 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 (in a triangle formation), quick passing among the 3 players with designated 'scorer'. Defender must be on toes trying to get in the way of ball. Children to practice this 'set piece' in groups ensuring they all get to be a defender and attacker – designated scorer – 5 passes before a shot on goal.</p>	<p>Children in groups of 3. Using 1/3 of netball court, play a small end-to-end game, focusing on positioning and accurate scoring. Make sure they are communicating for ball and applying the 5 accurate passes too – they are allowed to bounce the ball up to 3 times and move before passing.</p> <p>After a short time, bring children together and talk about what they have found out.</p>	

5	<p><b>WALT</b></p> <ul style="list-style-type: none"> <li>Think about positioning ourselves when playing an 'end-to-end' game</li> </ul>	<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, especially the 'scorer' when playing and 'end-to-end' game.</p> <p>Groups of 6 – 3 attackers and 3 defenders– designate 1 'scorer' from each team. Can move anywhere but scorer is the only one who can have a shot on goal. 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 exploring this – no goals; but 5 successful passes so that pass number 5 should end up with the 'scorer'.</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 but bouncing ball at same time. Use 1 hoop as the 'goal' – 1 designated 'scorer'. 5 successful passes before shooting. When a team scores, the opposite team takes a free pass from back line. If it goes out, opposite team takes a free pass from where it leaves playing area.</p> <p>Evaluate performance – what will they need to do when playing with more people? Remember these teams for next week.</p>	
6	<p><b>WALT</b></p> <ul style="list-style-type: none"> <li>Apply our skills in a mini-tournament</li> </ul>	<p>Very quick jog around netball courts and quick stretching – need maximum time for tournament play.</p>	<p><b>Children should be in small groups of 4.</b></p> <p>Play a mini-tournament, 4v4 'end-to-end' game using 1/3 of netball court. Hoop at either end to score a 'goal'. 5 successful passes before scoring; designated 'scorer' from each team. Could have both classes out at the same time to make it more competitive?</p> <p>2 mini-leagues happening at the same time; 3 points for a win, 1 point for a draw. Whoever scores the most points wins!</p> <p>Children should be focusing on skills learnt over past few weeks to be able to play the game effectively.</p>		