

Prior learning and Expectations of the unit – High Fives 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"> • developed passing, dribbling, shooting and shielding skills in netball and hockey • learned about attacking team play • learned ways of marking • learned some mini-football rules • learned some High Fives netball rules • carried out a range of warm-up activities for games 	<p><i>Most children will be able to:</i> use different techniques for passing, controlling, dribbling and shooting the ball in games; apply basic principles of team play to keep possession of the ball; use marking, tackling and/ or interception to improve their defence; play effectively as part of a team; know what position they are playing in and how to contribute when attacking and defending; plan practices and warm ups to get ready for playing safely; recognise their own and others' strengths and weaknesses in games; suggest ideas that will improve performance</p> <p><i>Some children will not have made so much progress. They will be able to:</i> use a limited number of skills in attack and defence; pass, control, dribble and shoot the ball with some accuracy, when they are not under pressure; use some tactics in attack; play in a position in a team; use some defending ideas; carry out parts of warm ups effectively; suggest some ideas for warm-up routines; choose and practise some skills to improve their play</p> <p><i>Some children will have progressed further. They will be able to:</i> use good-quality skills effectively; choose skills and tactics that meet the needs of the situation; make decisions quickly in games; play in a number of positions; understand attacking and defending positions well; design very good warm ups that suit the game; watch their own and others' performances and suggest improvements for specific purposes</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 CANNOT RUN OR WALK WITH THE BALL. SOME OF THE SKILLS IN THIS UNIT OF PLANNING FOCUS ON SUCCESSFUL FOOTWORK, WHICH IS VERY IMPORTANT WHEN PLAYING NETBALL TYPE GAMES.

<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"> Revise the skills of catching, throwing and passing in relation to High Fives netball 	<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. Quickly recap passing techniques (would have learnt these last year) – chest, bounce, shoulder pass. Demonstrate. Set challenge; how many accurate passes in 30 secs? Vary the types of passes children do and the distance they throw from.</p> <p>Get into groups of 3 and play Piggy in the Middle – look for variation of passes and use of space so person in middle doesn’t get ball.</p>	<p>Participate in a 5v5 game of Hoop Ball (use 2/3 of netball court, use hoops as the goal. Remember no travelling with the ball!) Focus on good, accurate passing and the use of space during play. Score 1 point when ball bounces inside hoop – children cannot stand around hoop to obstruct it.</p> <p>Discuss session – what did they need to do to be successful? Pick out good examples of play.</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"> Decide when to use each 	<p>Children begin by side-stepping, when you blow whistle, change direction or</p>	<p>On own, children to have a netball, practise throwing ball</p>	<p>Get into 5v5 game of Hoop Ball again – this</p>	<p>Light stretches.</p>

	<p>type of pass</p> <ul style="list-style-type: none"> Begin to revise the skill of pivoting 	<p>perform different action.</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>into air, landing on different feet and pivoting – find which way feels more comfortable. Discuss how and why we pivot in netball.</p> <p>Children get into pairs – one child starts with ball; other child moves either forwards, backwards or to the side – child with ball decides which pass is best to get to ball to partner accurately.</p> <p>Then get into 4's. Same as above but practise landing and pivoting – label themselves A, B, C and D. Encourage communication when passing ball by shouting letter name.</p>	<p>time, will be focusing on skills of movement to create space and choosing the correct throw to get the ball to get the ball to their team mates.</p> <p>Stop play at anytime to get children to think about their positioning or passing etc so they can evaluate as they go along.</p>	
3	<p>WALT</p> <ul style="list-style-type: none"> Improve landing and pivoting skills Apply these skills in a small sided game 	<p>Shuttle run – get children into teams of 5 or 6; have bean bags and coloured spots or hoops; children have to collect the bean bags, then put them out etc until all children have had a go.</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 find a space and begin running around; on whistle, jump in air and then land on 1 foot then the other, shout “1, 2” as each foot lands – pivot using foot that landed last. Practise on both feet.</p> <p>Turning – run, on whistle, jump in the air and turn to land facing a different direction. Sprint back to start.</p> <p>Now practise these skills with a partner and ball – when practising turning, partner to position themselves in different directions so person turning can do this properly.</p>	<p>5v5 game. Focus will be on footwork and body positions – be harsh! If you notice bad footwork, give a free pass to opposite team.</p> <p>Begin to get children thinking about the positions they should be in when playing netball – using space, movement towards goal etc.</p>	Light stretches.
4	<p>WALT</p> <ul style="list-style-type: none"> To improve accuracy of shooting in a game situation 	<p>Children get into groups of 5 – nominate 1 person to lead the warm-up within that group – discuss what the children could do to ensure their bodies are warm enough (refrain from stretching; should</p>	<p>Show good shooting technique using netball posts (ball on shoulder, strong push towards hoop, use other arm to help direction of ball). Have</p>	<p>Use full netball court and 5v5 game, choose 2 players from each team who can shoot – they must work in a pair so that</p>	Light stretches.

	<ul style="list-style-type: none"> To be aware of correct positioning in a game situation 	<p>be cardiovascular exercise).</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>a go at this individually.</p> <p>Get into 3's – explain that when playing netball, unlikely there will be a time when they have a 'free' shot on goal. Small 2v1 game starting outside semi-circle, 2 attackers work together to have 5 successful passes before shooting; defender tries to intercept ball. Rotate positions.</p> <p>Explain that in netball, players work in pairs so that there is always someone getting into a position to pass to.</p>	<p>they maximise their teams chances of shooting. Discuss where children can move to around the netball court (see Rules and Positions of High-Fives Netball) – don't worry too much about position names other than GA and GS as focus is primarily on shooting.</p> <p>Evaluate skills throughout game – stop game and get children to think about where they are standing, how will they pivot, where should they run to so they can create space etc.</p>	
5	<p>WALT</p> <ul style="list-style-type: none"> Adopt appropriate tactics when playing in different positions. 	<p>Children get into same groups as last week – nominate a different person to lead the warm-up within that (refrain from stretching; should be cardiovascular exercise).</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 on positions focused on last week – GA and GS. Now introduce C, GD and GK. Explain these roles within netball and get children into groups of 5. Using 1/3 of the netball court (the ends which have the netball posts) set up a small practice which allows attacking and defending – focus on working in pairs (GD and GK) and in 3's (C, GA, GS). Talk about correct positioning – moving in sensible space, jumping to intercept ball, thinking ahead to next pass etc.</p> <p>Rotate so all children have a go of the positions.</p>	<p>5v5 game – looking for movement in pairs using all the positions C, GA, GS, GD, GK. Stop game frequently to talk about where children should be positioned to ensure space is created and where defenders should be so they can try and intercept pass.</p> <p>Rotate players so everyone gets a chance of attacking and defending.</p>	Light stretches.
6	<p>WALT</p> <ul style="list-style-type: none"> Apply our skills in a mini-tournament 	<p>Very quick jog around netball courts and quick stretching – need maximum time for tournament play.</p>	<p>Children should be in same groups of 5 as last week</p> <p>Play a mini-tournament of High-Fives netball. Could have both classes out at the same time to make it more competitive?</p>		

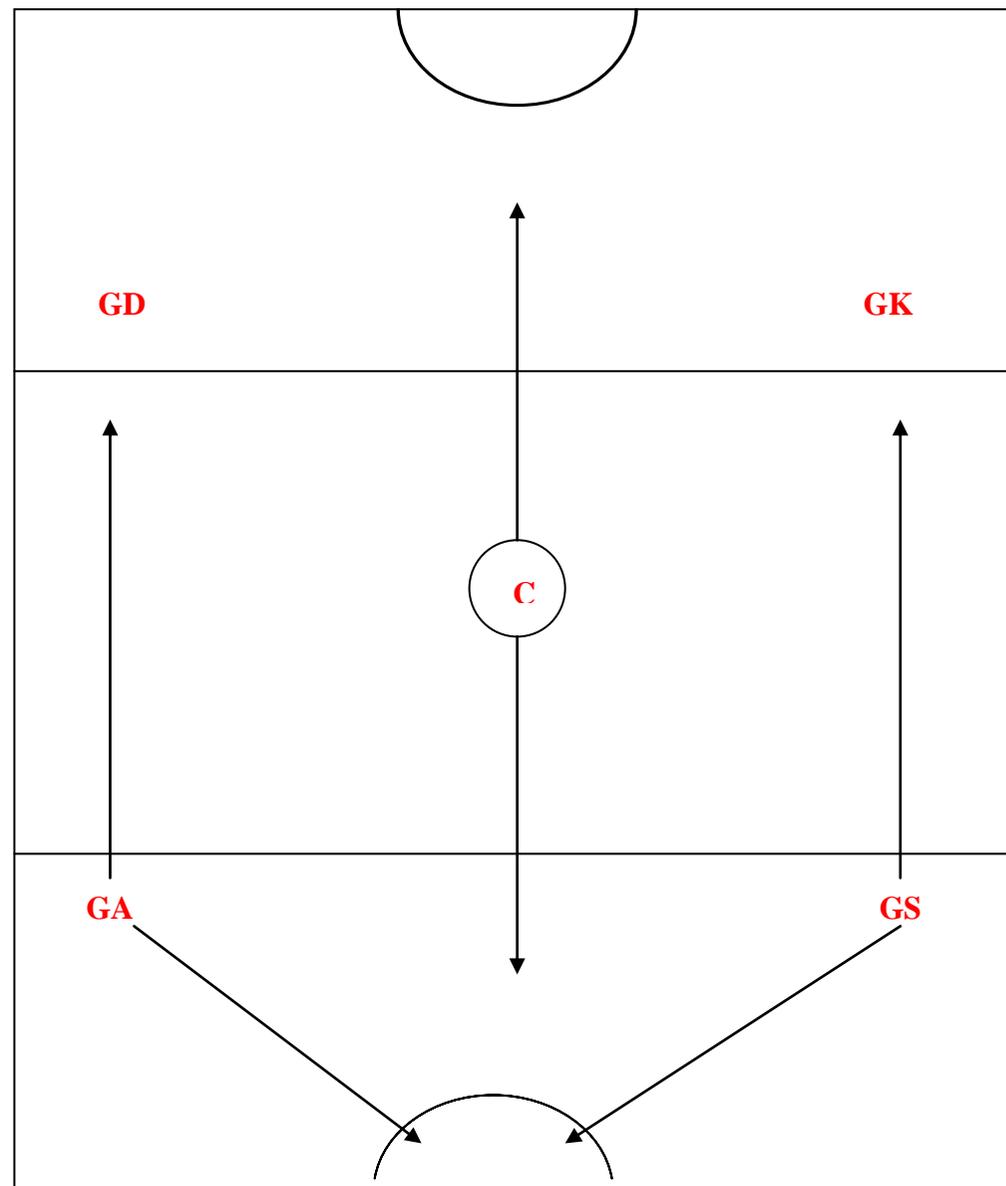
			<p>2 mini-leagues happening at the same time; 3 points for a win, 1 point for a draw. Whoever scores the most points wins!</p>	
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			<p>Children should be focusing on skills learnt over past few weeks to be able to play the game effectively.</p>	
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Rules and Positions of High-Fives Netball

Rules

- 5 players allowed on the court at any time.
- There must be: C, GA, GS, GD, GK.
- No travelling e.g. walking or running is allowed when in possession with the ball.
- If footwork occurs, award a free pass to the opposite team.
- If the ball is knocked out of the playing area, award a free pass to the opposite team.
- If any players are offside at any time, award a free pass to the opposite team.
- Any intentional contact or knocking the ball from the hands of an opposite player, award a free pass to the opposite team.
- Children must not 'hold' the ball for more than 5 seconds.
- When marking a player in possession of the ball, the marker must be at least 3 feet away otherwise this is deemed as a deliberate obstruction.
- Make a note of the first centre-pass; as this alternate after every goal scored, regardless of which team scores.
- Swap ends at half time.



GD AND GK CAN GO IN THE SAME AREAS AS GA AND GS