

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

LESSON OBJECTIVE: Passing long distance: To attempt the shoulder pass and overhead pass and use them within a game situation.

WARM UP (10 MINS)

Pupils to move around the netball court in different ways on the teachers command. E.g. side stepping, cross over step, running, jogging, and heel flicks.

MAIN LESSON (20 MINS)

Netball specific (long distance) passes to be taught.

Shoulder pass:

- Side on stance
- Feet apart
- The ball held at the shoulder in the palm of the hand
- Fingers spread wide over the ball
- Transfer weight to front foot and rotate the body to face forwards as the ball is thrown high towards the target

Overhead pass:

- Facing forwards
- Feet shoulder width apart
- The ball held in both hands above the head
- Step forwards and throw the ball towards the target
- Emphasis on the flick of the wrists for power

Pupils practice with their partners. They start close together, if they catch 5 passes in a row without dropping the ball, they can take a step backwards. See who is the furthest away after 2 minutes.

Develop: Passing on the move. Starting at one end of the court, pupils to see how many long passes it takes for them and their partner to reach the other end. Introduce the 'no passing over a third rule'.

GAME/COMPETITION (15 MINS)

3v3 : ½ court game: One team the attackers and one team the defenders. Instead of a netball post, use a hoop. Pupils score by receiving the ball in the hoop. Defenders are not allowed in the hoop, only attackers. Pupils can use any passes they have learned so far. After 5 minutes, attackers and defenders swap roles.

EQUIPMENT

- Netballs
- Bibs
- Markers
- Hoops

KEYWORDS

- Aim
- Control
- Power
- Co-ordination

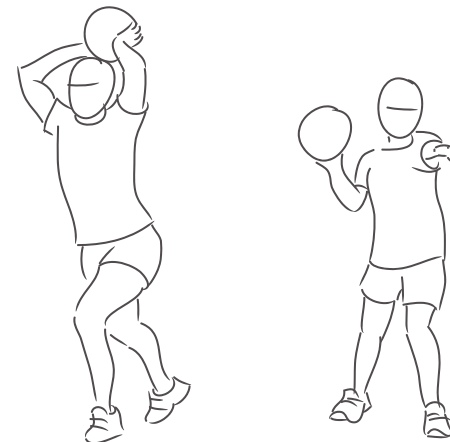
DIFFERENTIATION

LESS ABLE

- Pupils can have a shorter distance to cover in the development part of the lesson.
- Pupils can be given a soft larger ball.

MORE ABLE

- Pupils to be given a larger area to cover in the development part of the lesson.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	5	Can they perform the long distance throwing skills to a high ability?
	4	Can they perform the long distance throwing skills with a certain degree of control?
	3	Can they perform the long distance throwing skills, with very little control?
Tactics, Rules & Teamwork	5	Works with their partner & demonstrates knowledge & understanding of the long distance throwing in Netball.
	4	Can work with a partner & understands how to perform the long distance throwing technique.
	3	Starts communicating with a partner when performing the long distance throwing technique.
Show & Link	5	Can they link: the skills required to use long distance passing to a high ability?
	4	Can they show and link: some of skills required to perform long distance passing, to a good ability?
	3	Show how to perform one long distance pass.
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.