

LESSON PLAN: **NETBALL**: YEAR 3: WEEK 5

LESSON OBJECTIVE: Introduce basic defending skills, learning man to man marking technique.

WARM UP (10 MINS)

In pairs, ask pupils to number themselves 1 and 2 (1 = attacker, 2 = defender). The attacker is to jog around the specified space and the defender has to try and keep in front of them no matter what direction they turn or how fast they go. Swap over after 1minute. Pupils can take it in turns with their partner to lead stretches.

MAIN LESSON (20 MINS)

Explain the distance rule when defending in netball (3ft /1metre away from the attacker and no contact). Demonstrate the side on position and explain that they should stay between their attacker and the person with the ball. Pupils to practice the defending shuffle up and down the court with their partner.

Develop: In 3's, the 2 attackers start at one end of the specified space, and they have to pass to each other and try to get to the other side without the defender intercepting the ball. They have 5 attempts before swapping round. See which person intercepts the ball the most. They are the winner.

GAME/COMPETITION (15 MINS)

3v3 game: Pupils are pulled up for obstruction if they are too close to their opponent. Pupils can count how many times they intercept the ball from their opponent to self-assess their performance.

EQUIPMENT

- Netballs
- Markers
- Self-assessment worksheets

KEYWORDS

- Shadowing
- Side on stance
- Reaction

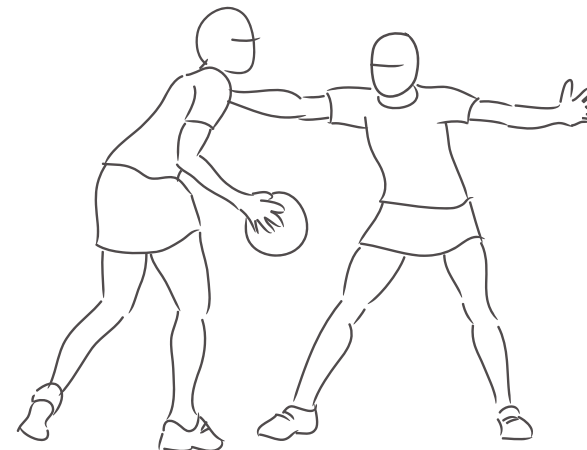
DIFFERENTIATION

LESS ABLE

- Attackers are only allowed to power walk rather than jog/run to help the defender.

MORE ABLE

- Encourage them to stand high on their tip toes and arms stretches up.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	5	Can they perform their defending skills to a high ability?
	4	Can they perform their defending skills with a certain degree of control?
	3	Can they perform their defending skills, with very little control?
Tactics, Rules & Teamwork	5	Works with their partner & demonstrates knowledge & understanding of the defending task.
	4	Can work with a partner & understands the defending task.
	3	Starts communicating with a partner.
Show & Link	5	Can they link: all the skills required for intercepting the ball when defending in Netball.
	4	Can they show and link: the skills required for intercepting the ball in Netball.
	3	Show the defending position.
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.