

# LESSON PLAN: **NETBALL**: YEAR 4: WEEK 2

**LESSON OBJECTIVE:** To understand the importance of short distance passing and moving into space.

## **WARM UP (10 MINS)**

Pupils are to jog around the edge of the netball court. Place small hurdles for them to step/leap over encouraging the sticky steppy action. Pupils to change direction on the teachers command.

**Question:** Why is a warm up important?

- To avoid injury
- To improve performance
- To prepare the body for activity, both physically and mentally.

## **MAIN LESSON (20 MINS)**

Netball specific (short distance) passes.

### **Chest pass:**

- Feet shoulder width apart
- Hands in a 'w' shape behind the ball
- Elbows tucked in towards the body
- Step forward and push and flick the fingers towards the target.

**Bounce pass:** Same as above except push the ball towards the floor so that the ball bounces up at their partners hands.

In small groups of 4/5 pupils stand in a circle and play follow the pass. Pupils can pass to anyone in the circle. Pupils run and stand behind the person they have just passed to. Explain the importance of passing and moving, to create space and attack the opposition.

**Question:** How many passes can be made without the ball being dropped?

**Develop:** Instead of running to stand behind the person, pupils can act as a defender by standing in front of the person and putting their hands up to pressure them. Introduce the 3 second rule: players cannot hold the ball for longer than 3 seconds.

## **GAME/COMPETITION (15 MINS)**

3v2 in a 3rd of a court. 1 point scored for every 5 consecutive passes made. Swap the two defenders every 2 minutes. Encourage passing and moving into space. Pupils can use the chest pass and bounce pass only.

## **EQUIPMENT**

- Markers
- Netballs
- Bibs

## **KEYWORDS**

- Accuracy
- Control
- Power

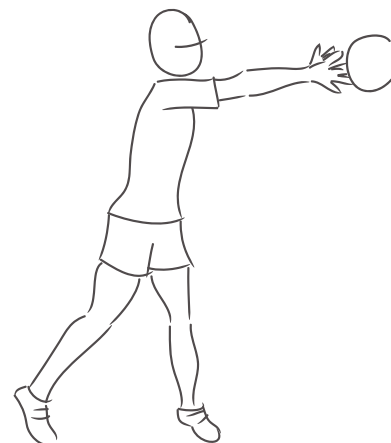
## **DIFFERENTIATION**

### **LESS ABLE**

- Pupils can use a larger ball if necessary or make the circle a smaller in the main lesson.
- Pupils can have more than 3 seconds to pass the ball.

### **MORE ABLE**

- Introduce another ball in the main lesson activity.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	6	Can they perform the chest and bounce pass skills to a high ability?
	5	Can they perform the chest and bounce pass skills with a certain degree of control?
	4	Can they perform either the chest or bounce pass, with very little control?
Tactics, Rules & Teamwork	6	Works in a team & demonstrates how to perform both passes correctly and accurately.
	5	Can work in a team & understands when to use both passes in Netball.
	4	Starts communicating within a team.
Show & Link	6	Can they link the skills: how to perform both passes technically correct and accurately?
	5	Can they show and link: the skills of how to perform a chest and bounce pass?
	4	Show how to perform a chest pass?
Describe Ways to Improve	6	Are able to describe and improve performance.
	5	Are able to describe performance.
	4	Are able to see differences in performance against a simple model.
Fitness & Health	6	Shows a solid understanding of why physical activity has health benefits.
	5	Has some knowledge of why physical activity has health benefits.
	4	Has little knowledge of why physical activity has health benefits.