

# LESSON PLAN: NETBALL: YEAR 5: WEEK 2

**LESSON OBJECTIVE:** To develop short distance passing skills on the move.

## WARM UP (10 MINS)

Pupils are to run around within an area. If the teacher shouts out number 1, pupils have to jump up and perform sticky steppy footwork. If they shout number 2, pupils use a two footed landing. Pupils change direction after each landing.

## MAIN LESSON (20 MINS)

Recap 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.

Split the class into 3 groups. 4 people from each group to collect a ball and act as a 'feeder'. Asking pupils to line up alongside the feeders, they run up to the first person who will throw the ball to them, and they return the ball back to the feeder with either a bounce pass or chest pass. Once returned, they move along to the next feeder and repeat the drill. Once completed, you can place cones out for pupils to run around before they start the whole thing again.

**Develop:** Change the 'feeders'. This time the 'feeder' can shout out either chest pass or bounce pass and if the pupil returns it in the wrong way, they are out. They have 3 lives. Encourage pupils to keep light on their toes and to move quickly in a continuous manner.

## GAME/COMPETITION (15 MINS)

Set up two netball posts at either end of the court, and choose a defender for each one. Ask pupils in pairs with one ball between two, to pass the ball to each other and have a shot if they can without the defender intercepting the ball. If they score, they receive 10 points. Change defender after 2 minutes.

## EQUIPMENT

- Netballs
- Cones
- 2 netball posts

## KEYWORDS

- Accuracy
- Power
- Co-ordination
- Stability

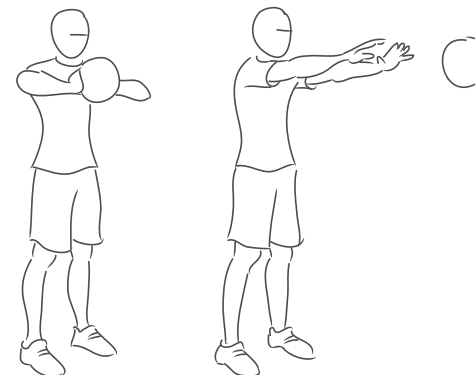
## DIFFERENTIATION

### LESS ABLE

- Pupils can walk first.
- Can give pupils longer to hold the ball during the game activity, (give pupils 5 seconds instead of the usual 3 seconds).

### MORE ABLE

- Increase the distance away from the feeders.
- Pick up the speed in which they perform the passes.
- Communicate as to when they want the ball, both verbally and by signalling with their hand.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they perform the short distance throwing skills to a high ability?
	6	Can they perform the short distance throwing skills with a certain degree of control?
	5	Can they perform some of the short distance throwing skills, with very little control?
Tactics, Rules & Teamwork	7	Works with their partner & demonstrates knowledge & understanding of the short passes in Netball.
	6	Can work with a partner & understands when to use short passes in Netball.
	5	Starts communicating with a partner when using short passes in Netball.
Show & Link	7	Can they link: their movement, body position, ball handling and co-ordination skills to perform the netball short passes.
	6	Can they show and link: some of their movement, body position, ball handling and co-ordination skills to perform the netball short passes.
	5	Show knowledge of how to move and get into the correct body position but are unable to execute the pass to its full capacity.
Describe Ways to Improve	7	Are able to describe and improve performance.
	6	Are able to describe performance.
	5	Are able to see differences in performance against a simple model.
Fitness & Health	7	Shows a solid understanding of why physical activity has health benefits.
	6	Has some knowledge of why physical activity has health benefits.
	5	Has little knowledge of why physical activity has health benefits.