

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

LESSON OBJECTIVE: To develop long distance passing on the move using signalling and communication.

WARM UP (10 MINS)

Pupils in small groups are to perform their own aerobic warm ups. Each person in the group is to lead a pulse raising activity. Teacher led stretches.

MAIN LESSON (20 MINS)

Recap netball specific (long distance) passes.

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 flick of the wrists for power.

Discuss with pupils how they can be prepared to receive a long distance pass (being on their toes, looking for space, and using hand signals to communicate with their team members). In pairs, one person runs up to their partner who holds a ball, tap the ball with their hand and then runs backwards signalling where they would like the ball. Their partner uses a long distance pass to throw them the ball. 5 goes, swap over.

Develop: Pupils can run in any direction to encourage communication even further and the use of pivoting when passing.

GAME/COMPETITION (15 MINS)

Pupils in groups of 4. Divide the playing area into 4 parts and ask the pupils to place one member of their team in each of the areas. They are not allowed out of that area for the activity. Group 1 starts with the ball and they have to try and pass down to their team members in each zone without the other team getting the ball off them. If they get the ball to the end zone they score 10 points. Swap pupils and their zones around every 5 minutes.

EQUIPMENT

- Netballs
- Bibs
- Cones

KEYWORDS

- Communication
- Control
- signalling

DIFFERENTIATION

LESS ABLE

- Partners can stand in a stationary position to practice the passes before passing in different directions.

MORE ABLE

- Place pupils of similar ability together in the game activity.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they perform the long distance throwing skills to a high ability?
	6	Can they perform the long distance throwing skills with a certain degree of control?
	5	Can they perform the long distance throwing skills, with very little control?
Tactics, Rules & Teamwork	7	Works with their partner & demonstrates knowledge & understanding of the long distance throwing in Netball.
	6	Can work with a partner & understands how to perform the long distance throwing technique.
	5	Starts communicating with a partner when performing the long distance throwing technique.
Show & Link	7	Can they link: their movement, body position, ball handling and co-ordination skills to perform the long distance passing with the correct technique and excellent accuracy?
	6	Can they show and link: some of their movement, body position, ball handling and co-ordination skills to perform the long distance passing with average accuracy?
	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.