

LESSON PLAN: **NETBALL**: YEAR 5: WEEK 4

LESSON OBJECTIVE: To develop basic attacking skills, by creating and moving forward into space to receive the ball.

WARM UP (10 MINS)

In groups of 6, pupils to create a zig zag shape. The first player passes down the zig zag. When the last person receives the ball, they run to the top of the zig zag to start the passing again. First group back to their original positions wins.

MAIN LESSON (20 MINS)

Pupils to be taught the double dodge. In 3's (1 feeder, 1 defender, 1 attacker), the attacker has to pretend they are about to run in one direction (and therefore leading their defender in that direction also), they then change direction and pretend to go the other way, before finally quickly changing direction to run towards the original direction to receive the ball from the feeder. Emphasise that pupils should be lightly on their toes, using a sharp change of direction to fool the opponent, and stretching their hands out to show the feeder where and when they want to receive the ball.

Develop: In groups of 6, 3 attackers and 3 defenders. Ask pupils to discuss and try various centre pass tactics (as if they are starting a match). For example, the centre can pass back to the goal defence and then they pass to goal attack. Encourage attackers to dodge their opponents. If they complete their sequence they score a point. If the defence intercept the ball, they score a point. Swap over positions.

GAME/COMPETITION (15 MINS)

3v3 game on half a court. If the attackers gain possession, they aim to shoot to get the ball in the post. Defenders aim to get the ball back to the centre line.

EQUIPMENT

- Netballs
- Cones
- Posts
- Bibs

KEYWORDS

- Tactics
- Outwitting opponents
- Dodging
- Agility

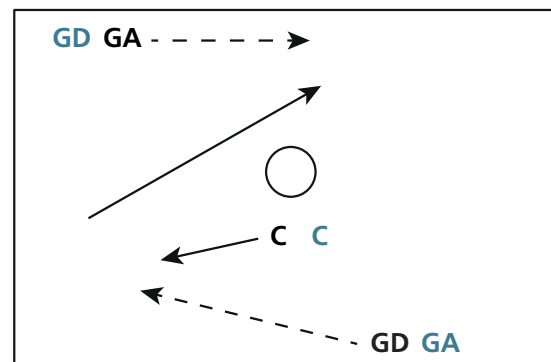
DIFFERENTIATION

LESS ABLE

- Defenders are only allowed to shadow the attacker to begin with when practicing the dodge.

MORE ABLE

- Pair pupils up with someone of similar ability.



Black = attackers

Blue = defenders

Solid lines = path of the ball

Dashed lines = path of the player

ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they perform the double dodge to a high ability?
	6	Can they perform the double dodge with a certain degree of control?
	5	Can they perform the double dodge with very little control?
Tactics, Rules & Teamwork	7	Works with their partner & demonstrates knowledge & understanding of the straight dodge.
	6	Can work with a partner & understands the straight dodge.
	5	Starts communicating with a partner using hand signals when using the straight dodge.
Show & Link	7	Can they link: the double dodge to a high ability in a game situation?
	6	Can they show and link: some of skills required when they are performing the double dodge?
	5	Show how to perform the double dodge.
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.