

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

LESSON OBJECTIVE: To develop basic defending skills, demonstrating good control and quick reactions.

WARM UP (10 MINS)

In groups of 6, pupils are to create a circle. Pupils number themselves 1-6. Number 1 starts with the ball and throws it up into the air at the same time as shouting out a number. The person of that number has to run into the circle to try and catch the ball before it bounces on the floor. If they are successful, they score a point. If they drop/miss the ball, they have to run around the circle and back to their place.

MAIN LESSON (20 MINS)

Recap the distance rule when defending in netball (3ft /1metre away from the attacker, no contact). Demonstrate the side on position and explain that they should stay between their attacker and the person with the ball.

In 4's, 2 pupils facing the other 2 pupils approximately 4metres apart. The ball is passed forwards and as soon as they have thrown it, they then run to defend the next pass and so on. The idea is to put pressure on the player with the ball. The hands should shadow the ball when defending.

Develop: 3v1. 3 attackers to make a triangle and 1 defender in the middle. The attackers pass the ball and move around in their space whilst the defender tries to intercept. If the defender catches the ball or hits it out of play, the last person to have thrown the ball becomes the defender. However, if an attacker drops the ball, they too become the defender.

GAME/COMPETITION (15 MINS)

5v5. Recap basic rules:

- A player can only hold the ball for 3 seconds.
- Non-contact game.
- No running with the ball.

EQUIPMENT

- Netballs
- Cones
- Posts
- Bibs

KEYWORDS

- Intercepting
- Shadowing
- Agility

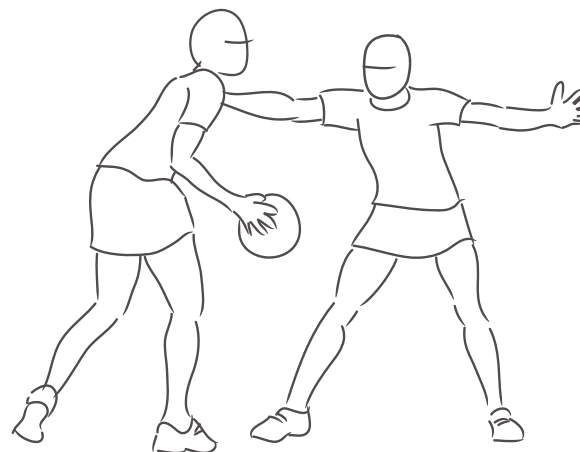
DIFFERENTIATION

LESS ABLE

- Allow one bounce in the warm up.
- Attackers must walk within the 3v1 drill to make it easier for the defender.

MORE ABLE

- Pupils can be asked to only use one handed catches in the 3v1 drill.
- Defenders to catch the ball rather than just hitting it out of play in the main activity.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they perform their defending skills to a high ability?
	6	Can they perform their defending skills with a certain degree of control?
	5	Can they perform their defending skills, with very little control?
Tactics, Rules & Teamwork	7	Works with their partner & demonstrates knowledge & understanding of the defending task.
	6	Can work with a partner & understands the defending task.
	5	Starts communicating with a partner.
Show & Link	7	Can they link: all the skills required for intercepting the ball when defending in a game situation?
	6	Can they show and link: the skills required for intercepting the ball in Netball within a set activity?
	5	Show the defending position.
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.