

# LESSON PLAN: **NETBALL**: YEAR 6: WEEK 5

**LESSON OBJECTIVE:** To learn how to select the correct type of defending technique in various game situations.

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

Pupils in small groups are to lead their own warm up using pulse raising activities (running, high knees, side stepping, heel flicks). Pupils will then be asked to volunteer to lead the whole class in stretches.

**Question:** What muscles are we stretching?

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

Explain to pupils that opponent's will try to force them out wide to make it easier for them to attack into space. Therefore, they need to keep with their opponent, and shadow their every move, when the opposite team have possession of the ball.

Split pupils up into teams of 5. Create large squares, approximately 10m x 10m with cones and ask two teams of 5 to stand in each square. One team the attackers and one team the defenders (use bibs to distinguish teams). The defending team are to select an attacking team member to mark up. The attacking team will start with the ball and they will try to run to the side of the square (and lead their defender in the same direction), so that they can then quickly dodge and run into the middle to receive the ball. The defenders are to try and shadow and stay with their opponent and stop their opponent from getting the ball. If the defenders do get the ball, they become the attackers and the opposition become the defenders.

**Develop:** Ask pupils to count how many passes they can make before they lose possession.

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

Teams to play a full game of high fives. Encourage pupils to shadow their opponents when defending and drive into space when attacking.

## **EQUIPMENT**

- Netballs
- Cones
- Bibs
- Posts

## **KEYWORDS**

- Shadowing
- Agility
- Speed

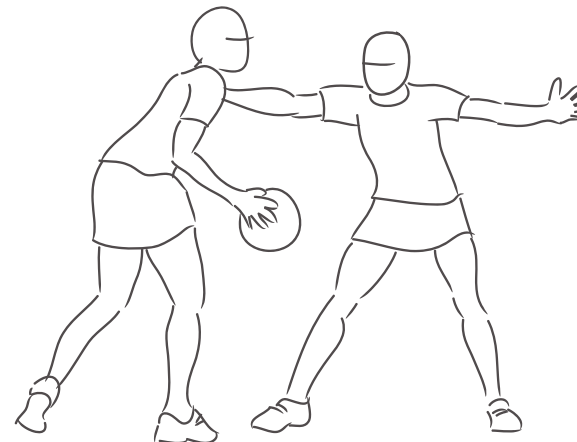
## **DIFFERENTIATION**

### **LESS ABLE**

- Slowly jog first before running at speed in the main activity.
- Place coloured cones at the edge of the square to give pupils areas to run to.

### **MORE ABLE**

- Encourage pupils to keep in front of their opponent.
- Encourage verbal communication and hand signalling.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	8	Can they perform their defending skills to a high ability?
	7	Can they perform their defending skills with a certain degree of control?
	6	Can they perform their defending skills, with very little control?
Tactics, Rules & Teamwork	8	Works with their partner & demonstrates knowledge & understanding of the task.
	7	Can work with a partner & understands the directions.
	6	Starts communicating with a partner.
Show & Link	8	Can they link: all the skills required for shadowing an opponent when defending in a game situation?
	7	Can they show and link: some of the skills required for shadowing an opponent in netball within a set activity?
	6	Show the defending position.
Describe Ways to Improve	8	Are able to describe and improve performance.
	7	Are able to describe performance.
	6	Are able to see differences in performance against a simple model.
Fitness & Health	8	Shows a solid understanding of why physical activity has health benefits.
	7	Has some knowledge of why physical activity has health benefits.
	6	Has little knowledge of why physical activity has health benefits.