

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

**LESSON OBJECTIVE:** To develop pupils' knowledge of rules with regard to the shooting technique.

## **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 lead a stretch each to the rest of their group.

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

Explain the rules for shooting and demonstrate the technique:

- Feet shoulder width apart.
- Ball in the fingertips of preferred shooting hand with arms stretched up above the head.
- Non shooting hand to support the balance of the ball.
- Bend the knees and elbow of the shooting arm and then reach up and flick the wrist and fingers follow through pointing in the direction of the net.

In 3's, pupils to practice attacking and shooting within the semi-circle. One person is to act as the goal shooter, another person to act as the goal keeper, and a feeder at the edge of the semi-circle. The feeder is to pass to the attacker who is to try and shoot at the net. If they can't, they can pass back out to the feeder and try to dodge the defender and re-position themselves for their next attempt. Each person has 5 attempts before changing roles.

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

Mini-tournament. 5v5 games. All rules learnt apply:

- 3 second rule.
- No travelling with the ball (footwork rule).
- Feet 1 metre away from opponent when defending (obstruction rule).
- No passing over a third.
- No contact.

## **EQUIPMENT**

- Netballs
- Cones
- Bibs
- Posts

## **KEYWORDS**

- Aiming,
- Teamwork
- Co-ordination

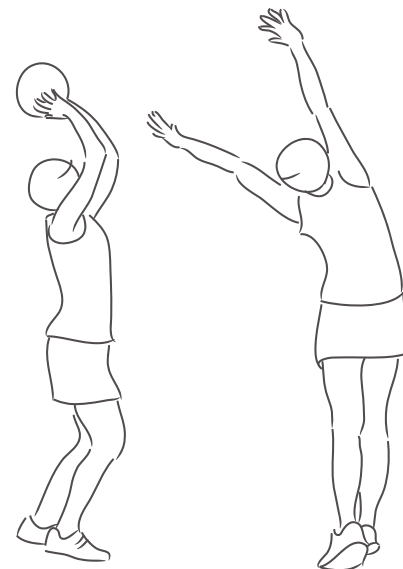
## **DIFFERENTIATION**

### **LESS ABLE**

- No defender to start with when shooting in the main activity.

### **MORE ABLE**

- Start from the centre rather than the edge of the semi-circle in the main activity.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	8	Can they perform their shooting skills to a high ability?
	7	Can they perform their shooting skills with a certain degree of control?
	6	Can they perform their shooting 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: their communication and teamwork skills, aiming, balance and co-ordination when playing in a game?
	7	Can they show and link: some of their communication and teamwork skills, aiming, balance and co-ordination when playing in a game?
	6	Show knowledge of the skills required to play a game, but is unable to perform them consistently.
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.