

KESTEVEN AND SLEAFORD HIGH SCHOOL

Physical Education Scheme of Learning

Year 8- Netball

Intent – Rationale

Students will focus on developing team attacking and defending strategies and techniques. Students will select and apply their skills so that they can carry out tactics with intent to outwit the opposition. In all games activities, pupils think about how to use skills, strategies and tactics to outwit opposition.

<p>Sequencing – what prior learning does this topic build upon?</p> <ul style="list-style-type: none"> • Played a variety of conditioned netball games • Worked independently in small groups • Used and applied netball rules • Some knowledge of tactics and team organization in netball • Developed basic netball skills 	<p>Sequencing – what subsequent learning does this topic feed into?</p> <p>Year 9 Netball</p>
<p>What are the links with other subjects in the curriculum?</p> <ul style="list-style-type: none"> • Literacy (key words), PSHE (sportsmanship), Science (bodily functions and healthy lifestyle consequences) 	<p>What are the links to SMSC, British Values and Careers?</p> <ul style="list-style-type: none"> • BV2 • BV4 • M • SO
<p>What are the opportunities for developing literacy skills and developing learner confidence and enjoyment in reading?</p> <ul style="list-style-type: none"> • Please fill this in with your own suggestions alternatively the LRC team will provide some suggested titles/links 	<p>What are the opportunities for developing mathematical skills?</p> <ul style="list-style-type: none"> • Maths (scoring)

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Intent – Concepts

What knowledge will students gain and what skills will they develop as a consequence of this topic?

Know

Can use skills and techniques together with accuracy to outwit an opponent. Can demonstrate skills successfully and begins to understand importance of strategy and tactics when attacking. Can catch and pass a ball successfully. Able to compare their own and others work and see the differences so that they can improve their own performance. Able to explain in simple terms the physical effects of exercise on their body and safe way of preparing for exercise. A deeper understanding of the health and fitness and the importance.

Apply

Can consistent replicate skills with control and in response to opposition pressure. Able to demonstrate a sound level of tactical awareness and can respond to changing situations by changing and refining their skills and techniques. Can select a very good range of skills to outwit an opponent. Can suggest ways to improve performances. Can conduct a suitable warm up and explain why exercise is good for health.

Extend

Good skill level and shows vision within game situations. Becoming more influential in the game outwitting opponents easily. Can change strategies and tactics to exploit opponents' weaknesses. Can analyse and explain how skills etc have been used and suggest ways to improve further. Know how different type of exercise helps with health and fitness and can suggest ways of warming up and cooling down.

What subject specific language will be used and developed in this topic?

What opportunities are available for assessing the progress of students?

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<ul style="list-style-type: none"> • tactics, eg principles of attack and defence, finding and using space, changing speed, being direct, marking, covering, delaying, moving feet, watching the ball, following through • preparation, eg warming up, cooling down • assessment, eg collecting and analysing data 	<ul style="list-style-type: none"> • Be as specific as possible here. What will be assessed.?
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Intent – Concepts

Lesson title	Learning challenge	Higher level challenge	Suggested activities and resources
<p>Recap passing Skills & fundamental rules</p>	<p>To demonstrate control and accuracy of passing and catching. To implement footwork, contact and obstruction rules during a game. To be able to catch the ball from a variety of situations with improved technique and greater consistency.</p>	<p>To be able to perform these in a small sided game to outwit opponents.</p>	<p>Warm up – Student led. Partner tag ‘Change’ In 2’s : Passing and changing direction. Pupils demonstrate a minimum of 3 different passes with partner (x10each turn) including a sprint shuttle with change of direction after each one. Passing on the move, 2v1 using a range of passes. What TYPE of pass to use & WHEN? Assess accuracy and consistency in delivery. 7 v 7 game. Recap positional roles (GK-GD-C-WA-WD-GA-GS). Recap knowledge of rules. Players to officiate.</p>

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<p>Timing of pass/support play</p>	<p>To be able to outwit opponents using a variety of passes with accuracy and timing. To be able to move accurately into a space to receive a well timed pass.</p>	<p>To develop their understanding of strategic and tactical play and refine ideas based on successful outcomes.</p>	<p>Warm up – Student led. SAQ fast feet drill using ladders. Combine forward and lateral movement up the ladder with receiving the ball either in front or from the side. Students to devise two fast feet drills of their own. In 3's passing ball down the line, do not move until player is ready to pass. Introduce basic holding of a space in the circle (GS), on edge of circle (WA / WD). Players should understand game structure & positional roles. 7 v 7 game. Players to officiate.</p>
<p>Attacking play/outwitting opponents</p>	<p>To demonstrate good positioning whilst dodging to allow effective attacking strategies. To perform skills in a small sided game making decisions about how best to advance on opposition. To explore ideas, concepts of attacking play when in space and with ball possession.</p>	<p>Identify individual and team strengths and areas for improvement.</p>	<p>Warm up – Student led. Advance ball skills. In 2's : Figure of 8 around two cones ('Posts') Fast feet, good reaction. In 2's : Moving left and right to receive the ball : one handed catch, bring ball into chest. Discuss attacking ideas. Quick ball movement important. 2v1 – indicating to receive the ball, moving sideways, forwards, backwards. Court relay in 6's pass and join end of own line using the above ways to get free. Alternate type of pass, speed and direction. 7 v 7 game.</p>

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<p>Shooting</p>	<p>To be able to select advanced tactics to outwit a defender when shooting at the goalpost. To accurately replicate the technique for a correct shooting action under pressure.</p>	<p>To be able to evaluate pupils shooting technique and suggest ways to improve.</p>	<p>Warm up – Student led. Shooting Competition; first team to score 10 goals from a standing position anywhere in the goal circle. Shooter rotation activities: Standing shot technique : Count number of successful shots made in given time. Increase / decrease distance and /or attempts made. Progression: Add feeder and defender (increase pressure) Focus on: Accuracy, Change of Direction, Attacking Moves, Stamina. 7 v 7 game. Play full game with focus on shooting. Players to rotate positions every 5 mins. Non-participants to umpire.</p>
<p>Marking/defending</p>	<p>To accurately replicate defending skills to be able to mark an opponent and intercept any passes sent towards them. To apply defending principles when devising game plans. To be able to outwit opponents using learnt defending skills and techniques.</p>	<p>To describe the rules and begin to referee a game of netball.</p>	<p>Warm up – Student led. SAQ ladders and hurdles – work in teams of 4. Intercepting and covering the pass or shot, Closing down space, Reducing available options, 1st stage defending (close marking), 2nd stage defending (defending in front of a player). Pass & follow: Continuous passing – back person comes in front to intercept)</p>

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			In 4's :1 & 2 pass continuously, 3 tries to intercept. 4 repeats. Alternate sides. 7 v 7 game define rules governing marking – 3 feet
Assessment	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.	The pupils are to develop their knowledge and understanding of the rules in netball.	Warm up – Student led. Relay drill. 4 teams 2 face opposite each other. Demonstrate passing and footwork. 3 vs 3 maintain ball possession. 3's Passing, receiving on the move. Set up 1 vs 1 dodging drill. Demonstrate the ability to outwit defenders. Pupils to describe netball rules. 7 v 7 game. Discuss assessment criteria and what to expect.