

Unit Plan - Netball - Year 7-8

Learning Context: Netball

Strand: Personal Health and Physical Development. (Level four)

A.O: Health and Physical Education - Personal Health and Physical Development

Regular Physical Activity - Demonstrate an increasing sense of responsibility for incorporating regular and enjoyable physical activity into their personal lifestyle to enhance well-being.

Health and Physical Education - Movement Concepts and Motor Skills

Movement Skills - Demonstrate consistency and control of movement in a range of situations.

Positive Attitudes - Demonstrate willingness to accept challenges, learn new skills and strategies, and extend their abilities in movement-related activities.

Health and Physical Education - Relationships with Other People

Interpersonal Skills - Describe and demonstrate a range of assertive communication skills and processes that enable them to interact appropriately with other people.

Learning Outcomes:

WALT: position ourselves correctly in a game of netball.

WALT: pass a netball, using a chest, bounce, and lob pass.

WALT - identify what type of pass to use and when.

WALT - Play netball and follow basic rules.

Key Competencies

Relating to Others

Developing Relationships - Learning requires social interaction - Learning requires creating and making meaning - **Learning is about communicating with others and them communicating with you.**

Participating and Contributing

Teamwork relies on members adopting complementary roles - Ensuring the roles of members are complementary ensures the team will function efficiently - **Making sure each person is clear about their role in the group ensures efficiency.**

Learning Sequence:

Initial Session

Theory

1 - Look at existing knowledge of group - what do they already know - list on whiteboard and students can copy the list once complete.

1. Clarify positions.

Attack

GS - Goal Shoot

GA - Goal Attack

WA - Wing Attack

C - Centre

Defence

GK - Goal Keep

GD - Goal Defence
WD - Wing Defence

Students to place these positions on blank court diagram.

Rules - copy for books and discuss.

1. You cannot travel with the ball.
2. There are only 7 players on court from each team at all times unless a player has been sent off by the referee.
 1. You cannot snatch or hit the ball out of a players hands. This is called contact. You must stand beside the player until the ball has left the players hands.
4. When defending the ball, you must stand 3 feet away from the person with the ball.
5. Players cannot hold the ball for more than 3 seconds. This includes throwing it the air, no-one else touches it and you catch it again. Or bouncing the ball.
6. Players are not allowed to move into the areas that they are not designated to.
7. When the defense in the circle are called up by the referee, they have to stand beside the shooter. The shooter has the decision of shooting the ball or passing the ball.
8. When the ball goes out of court, the team who last touched the ball hands the ball over to the opposing team. They have 3 seconds to stand outside of the court at the line where it went out and pass the ball.

Look at chest pass youtube clip.

Look at bounce pass youtube clip.

Look at lob pass youtube clip.

Model these passes on the court.

Students will work in a small group of 4 and practise these passes.

Subsequent Sessions

Review positions and passing information.

Passing drills.

Discuss passing into space.

Discuss using peripheral vision to find team mates in space.

Discuss the importance of staying and holding your own playing zone.

Game play.

Integrating ICT: youtube, iPad to record sessions for discussion points and assessment.

Assessment: Solo Rubrics - Self and teacher assessed.

Skill: Passing a netball	Related skills: Body position, target identification, accuracy.
1	I need help to pass effectively.
2	I can pass a ball using one of three strategies: bounce, lob or chest.
3	I can pass a ball in a closed environment (drill) using one of three strategies: bounce, lob or chest.
4	I can pass a ball in an open environment (moving drill or game) using one of three strategies: bounce, lob or chest.
5	I can "read the game" and use a pass that is appropriate for the situation (look beyond myself) consistently. I reflect on and refine my pass.

Skill: Position ourselves correctly in a game of netball.	Related Skills: Spatial awareness, awareness of gameplay
1	I need help to be in position whether attacking or defending.
2	I can identify some attack or defensive positions and can use them in a closed environment.
3	I know the positions and can play in position in a game be it defensive or attacking.
4	I know the positions and can play in position in a game, and I understand the importance of my position and role in the game be it on defense or attack.
5	I know the positions and can play in position in a game. I understand the importance of my position and role in the game and can reflect on and refine the positional play of myself and others be it on defense or attack.