

Year 5 - Netball

Lesson Plan

COMPETING
EDSTART

Lesson Objective To decide when to use different types of passing in netball **Lesson 1/6**

Equipment Needed Netballs, cones, bibs, markers.

Success Criteria Children can:

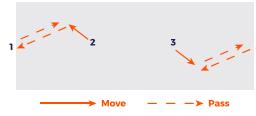
- Pass the ball over head to a teammate, when a chest pass isn't an option
- Realise when they need to use each type of pass
- Cushion the ball into their chest when catching and can consistently receive and control a ball against a defender
- Perform a range of passes against a defender

Adapted Learning (Differentiation) (Challenge)

Key Questions

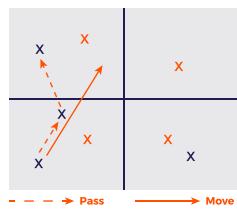
Warm Up

Main Activity



Passing & Moving:

In teams of four, children stand in a line across the width of the court. The two players on the side lines need a ball. The two players in the middle, must receive a ball from one side, and pass straight back, they then move (landing without moving foot) and then pass back. Change roles.



Four Square:

The area is made up of four quarters. Each team consists of four players. The team with the ball has to attempt to pass the ball into every quarter, attacking team may move into any quarter. Defenders have to stay in their quarter. When one player receives a pass, the opposition player in that quarter tries to stop the pass. The opposition stay in the remaining quarters and attempt to intercept the pass. Teams must complete six passes to win.

Cooldown

Key Technical Points

The Chest Pass:

- Hold the ball against chest
- Hands each side of the ball
- Step into pass
- Points fingers at target

The Bounce Pass:

- Can be used with one or two hand(s)
- Push ball into the floor, slightly over half-way between yourself and the destination of your pass
- Step into pass

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Lesson Objective	To work on the footwork needed in netball	Lesson 2/6
Equipment Needed	Netballs, cones, bibs, markers.	
Success Criteria	Children can: <ul style="list-style-type: none">• Catch the ball with one foot on the ground and know that foot is called the landing foot• Pivot on the landing foot and move the other foot any number of times• Understand the rules regarding footwork faults	
Adapted Learning (Differentiation) (Challenge)		
Key Questions		
Warm Up	<p>Pivot: Explain the footwork rule where a player you cannot move their foot once they have landed on until you've passed the ball. The player can use the pivot to change direction. Coach explains to children what pivoting is and demonstrates how to do it. (Once you have landed from a catch can pivot to change our bodies direction) Ask the children move around the area in a variety of different ways (Running, walking, side stepping) when they hear the whistle they stop and pivot to change direction. Progression – Split the class in half, $\frac{1}{2}$ with a ball, $\frac{1}{2}$ without, the children with balls find a space, the pupils without must move around the area, receive a pass, pivot and pass back. Swap over after a few minutes.</p>	
Main Activity	<p>Skill Acquisition – Passing & Moving: In teams of four, children stand in a line across the width of the court. The two players on the side lines need a ball. The two players in the middle, must receive a ball from one side, and pass straight back, they then move (Landing without moving foot) and then pass back. Change roles.</p> <p>Progression: With one ball, Player 1 passes to Player 2, who lands then pivots and passes to Player 3, who then lands and pivots and player to Player 4. Repeat going backwards.</p> <p>Passing On The Move: Each team of four now move around a third of the netball court. Have 2 or 3 teams in each third to create obstructions. Each time they receive the ball they pivot to find another teammate to pass the ball too. Each player will need to determine what pass they need to play once they receive the ball (Chest pass, bounce pass, overhead pass).</p> <p>Keep Ball: Players now play a 5v3 game in each third of the court. The five attackers try to maintain possession of the ball while the defenders apply pressure. Passing teams are encouraged to receive and pivot so that they can pass the ball to their teammate who is moving into the open space. Players understand when to use certain types of pass to maintain possession.</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points		

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Lesson Objective	To shoot the ball whilst under pressure	Lesson 3/6
Equipment Needed	Netballs, cones, bibs, markers.	
Success Criteria	Children can: <ul style="list-style-type: none">Know how to stand and hold the ball before shootingUse correct technique when aiming at a target in a game situationShoot the ball whilst the defender stands the required distance away applying pressure	
Adapted Learning (Differentiation) (Challenge)	Lower the net, and have children to shoot from closer.	
Key Questions	How do we shoot? Where are we allowed to shot from?	
Warm Up	Pass & Move: In pairs children will pass and move to the end of the court into the shooting circle and shoot.	
Main Activity	Skill Acquisition - Shooting: In pairs children will have 1 ball between them. Practice shooting into the air using the correct techniques - bend knees flick wrist ball should travel upwards. Progression: Place different cones different distances from the net. Children take it in turns to shoot from each cone once they have got it in on the first cone they move to the next cone. Beat The Clock: Split your class into as many group of eight. In each group two children take a place in the middle with the remainder of the group taking up the role of feeders on the outside of a 10 x 10 grid. Once the game starts each pair has two minutes to score as many goals as they can! Feeders fetch any loose balls and pass them to the shooting pair! The pair with the highest score wins! L/A pupils to play game in a smaller grid, M/A have a larger grid and a zone they aren't allowed to shoot in. Fastbreak: Time how long it takes each team to complete two passes in every third of the court, before they shoot and score. Both groups use the full length of a court. Groups must get from one end of the court to scoring as fast as possible! The group with the quickest time wins.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Shooting players have three seconds to take there shot. Bend knees, then release ball as legs straighten. Aim for the back of the hoop	

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Lesson Objective	To understand the roles of each player on the netball team and know the specific rules involved	Lesson 4/6
Equipment Needed	Netballs, cones, bibs, markers.	
Success Criteria	Children can: <ul style="list-style-type: none">Understand where each specific player can move to on the courtKnow that they are expected to play in each position throughout the gamesKnow they only have four seconds to hold the ballAnalyse skills and techniques to modify and improve performance	
Adapted Learning (Differentiation) (Challenge)	Group children by similar ability when playing matches.	
Key Questions	What are the positions on a High 5 Netball Court? Where can each position move to on High 5 Netball Court?	
Warm Up	Passing Triangles: In 3's or 4's stand in a 10x10m area and chest pass the ball around to each player. Get players to concentrate on the technique rather than the power/distance. Once able to chest pass the ball, get players to pass and follow their pass, this gets them to step into the pass.	
Main Activity	Keep Ball: In teams of five using one third of a netball court. Children need to make five successful passes in order to gain one point. Children can't move once they receive the ball. The defending team must try and intercept the ball, if they gain possession they start from zero and try to make five passes. PROGRESSION: Have a play from each team stand on side line of the third. Teams must gain possession, make five passes and then try to pass to the target player stood on the side line. 4v1 Piggy In The Middle: Players now play a 4v1 game in their teams, where the four attackers try to maintain possession of the ball while the one defender apply pressure. Remember netball is non-contact sport and defender cannot step to close to the ball handler. Passing teams are encouraged to receive and pivot so that they can pass the ball to their teammate who is moving into the open space. Remind them of the different passes that they have worked on over the Unit of Work. Positional Play: Discuss each position and where they can go on the court. Test the children and see whether they can remember the positions and where they are allowed to move to. In teams of five, children play small matches of High 5 Netball, swapping positions after 3 minutes. CS - GA - C - GD - GA	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Positions: <ul style="list-style-type: none">C = CentreCS = Goal ShooterGK = Goal KeeperGA = Goal AttackGD = Goal Defence	

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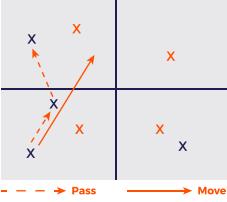
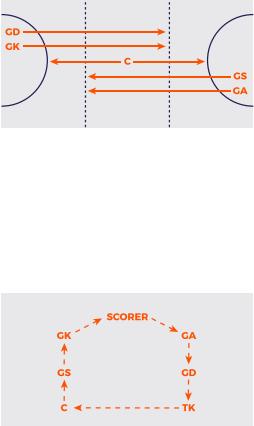
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Lesson Objective	To play small, modified games of netball	Lesson 5/6
Equipment Needed	Netballs, cones, bibs, markers.	
Success Criteria	Children can: <ul style="list-style-type: none">Understand the rules of netball and the positions that are neededIdentify and use tactics to help the team keep the ball and advance it forwardApply some elements of strategy and tactics	
Adapted Learning (Differentiation) (Challenge)	Group children by ability to add challenge and differentiation.	
Key Questions	What tactics can we use when playing small sided games?	
Warm Up	4 Square: The area is made up of four quarters. Each team consists of four players. The team with the ball has to attempt to pass the ball into every quarter, attacking team may move into any quarter. Defenders have to stay in their quarter. When one player receives a pass, the opposition player in that quarter tries to stop the pass. The opposition stay in the remaining quarters and attempt to intercept the pass. Teams must complete six passes to win.	
Main Activity	4v1: This activity will help the children consider depth and width when attacking and how to use space effectively. Organise your class into as many groups as you have nets. Each group will have one child as the defender (They take this role on three times before rotating). Four children will take the role of attackers who attempt to score. Fastbreak: Time how long it takes each team to complete two passes in every third of the court, before they shoot and score. Groups use the full length of a court. Aim is to get from one end of the court to scoring as fast as possible! This time children play in positions on the court, and move the ball up the court as quickly as they can playing through the 3rd's. High 5 Netball: Play small High 5 Netball matches, where the basic rules are introduced and positions are explained. Centre is allowed anywhere but inside either circles. Goalkeeper & Goal Defence – Can move anywhere in the defensive & middle 3rd's. Goal Attack & Goal Shooter – Can move anywhere inside the middle and attacking 3rd's.	
Cooldown	Recap and discuss Success Criteria.	
Backhand Lift	Rules: Players may not: <ul style="list-style-type: none">Bounce the ball more than onceHand or roll the ball to another playerPlace their own hands on a ball held by an opponent	

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Lesson Objective	To play small-sided games and follow the rules of the game	Lesson 6/6
Equipment Needed	Netballs, cones, bibs, markers.	
Success Criteria	Children can: <ul style="list-style-type: none">Pass and receive under control in a game situationUnderstand each positions roles and responsibilitiesDemonstrates leadership qualities to provide strategy and tactics in game situations for teammates to succeed	
Adapted Learning (Differentiation) (Challenge)	Group children by ability to add challenge and differentiation.	
Key Questions	What tactics can we use when playing small sided games?	
Warm Up	4 Square: The area is made up of four quarters. Each team consists of four players. The team with the ball has to attempt to pass the ball into every quarter, attacking team may move into any quarter. Defenders have to stay in their quarter. When one player receives a pass, the opposition player in that quarter tries to stop the pass. The opposition stay in the remaining quarters and attempt to intercept the pass. Teams must complete six passes to win. 	
Main Activity	High 5 Netball: Play small High 5 Netball matches, where the basic rules are introduced and positions are explained. Centre is allowed anywhere but inside either circles. Goalkeeper & Goal Defence – Can move anywhere in the defensive & middle 3rd's. Goal Attack & Goal Shooter – Can move anywhere inside the middle and attacking 3rd's. Children will be in teams of seven and compete in a tournament. Players who are 'scorer' and TK (timekeeper) will also act as referee during the matches and help run the games. Children will rotate positions after four minutes, and matches will last for eight minutes. The teams will rotate again at the start of the 2nd match. During the lesson each children will play in the majority of positions during the tournament. 	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Rules: <ul style="list-style-type: none">Pass or shoot within four secondsChildren must the footwork rule	