

Year 6 - Netball

Lesson Plan

Lesson Objective To decide when to use different types of passing and know the correct footwork needed in netball **Lesson 1/6**

Equipment Needed Netballs, cones, bibs, markers.

Success Criteria Children can:

- Realise when they need to use each type of pass
- Perform a range of passes against a defender
- 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

EDSTART KNOW

- I can explain when to use different types of passes
- I can describe what a landing foot is and how to pivot
- I can understand the rules about footwork faults

EDSTART GO

- I can perform chest, bounce, and overhead passes under pressure
- I can pivot to change direction before passing
- I can use the correct pass to keep possession

EDSTART SHOW

- I can work fairly with teammates in passing activities
- I can encourage others when they pivot and pass
- I can respect defenders when playing keep-ball games

Key Questions

Why is pivoting important when keeping possession in netball? Pivoting helps players protect the ball, change direction quickly, and create new passing angles. By staying balanced on a grounded foot and scanning for teammates, players can make safer, more accurate passes and keep possession under pressure.

Warm Up

PIVOT: Children move around the space using different actions such as running, walking, and sidestepping. On the whistle, they stop, pivot on a grounded foot, and change direction quickly. **PROGRESSION:** Half the group uses balls while the other half moves without. Players receive a pass, pivot, and pass back accurately.

Main Activity



NETBALL NINJAS: In teams of four, players line up across the width of the court with two outer players acting as feeders and two players positioned in the middle as “ninja movers.” Each feeder starts with a ball and passes into the middle, where the ninja movers receive the ball, return the pass, land with control, and pivot quickly on a secure landing foot before preparing for the next action. Emphasise staying balanced, keeping one foot grounded during the pivot, and using clear verbal and visual communication to signal readiness for the pass. After a set period, rotate roles so every player experiences feeding, moving, receiving, and pivoting under pressure, ensuring equal practice and engagement. **PROGRESSION:** Use one ball only to create a continuous passing chain where players pass, pivot, and move down the line; limit possession to three seconds to increase tempo; or introduce defenders to add pressure and challenge decision-making.



THE MOVING MAZE: Teams of four move around one-third of the court, navigating through a busy maze of players or obstacles. Each time a player receives the ball, they must pivot before passing to a new teammate, selecting the most effective pass—chest, bounce, or overhead. Focus on scanning, quick footwork, and moving into space. **PROGRESSION:** Add defenders to increase pressure or set a timed challenge to see how many passes teams can complete in one minute.

THE POSSESSION POWER-UP: Play a 5v3 game in each third of the court. Attackers aim to keep possession using sharp movement, quick pivoting, and accurate passing, while defenders work together to intercept. Encourage attackers to show for the ball, call for passes, and transition quickly between roles. **PROGRESSION:** Award defenders points for intercepts and attackers bonus points for five consecutive passes, limit attackers to two passes before moving, or introduce zones requiring specific pass types.

Adapted Learning (Differentiation) (Challenge)

SPACE

Start with small grids, expand to thirds of the court.

TASK

Begin with static passing, progress to passing on the move and keep-ball.

EQUIPMENT

Use larger/lighter balls for beginners, regulation netballs for advanced.

PEOPLE

Work in pairs, then 4s, then groups of 5v3 for conditioned games.

Cooldown

MIRROR STRETCH: In pairs, one pupil leads gentle movements and stretches while the partner copies exactly, focusing on control, balance, and smooth movement. **PROGRESSION:** Add ball balances during stretches. **PLENARY:** “why do we pivot, and how does it help us pass?”

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

Year 6 - Netball

Lesson Plan

COMPLETE
EDSTART

Lesson Objective To shoot the ball whilst under pressure

Lesson 2/6

Equipment Needed Netballs, cones, bibs, markers.

Success Criteria Children can:

- Know how to stand and hold the ball before shooting
- Use correct technique when aiming at a target in a game situation
- Shoot the ball whilst the defender stands the required distance away applying pressure

EDSTART KNOW

- I can explain how to hold the ball when preparing to shoot
- I can describe the correct shooting technique
- I can understand where I am allowed to shoot from

EDSTART GO

- I can shoot using correct balance and follow-through
- I can score goals under defensive pressure
- I can shoot from different positions in the circle

EDSTART SHOW

- I can respect defenders when shooting
- I can celebrate teammates' successful shots
- I can play fairly during shooting competitions

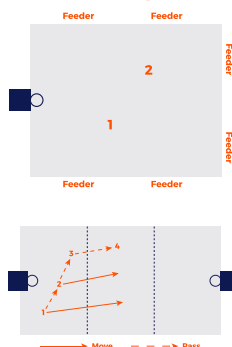
Key Questions

How can moving quickly after a pass help us score more successfully? Moving straight after passing creates space, makes it harder for defenders to recover, and gives shooters better positions. Good movement, communication, and balance help players receive the ball in control and take more accurate shots under pressure

Warm Up

PASS & MOVE: In pairs, children pass the ball and immediately move towards the shooting circle before taking a shot. Emphasise quick movement after passing, good timing, and balanced shooting technique. **PROGRESSION:** Add defenders applying light pressure.

Main Activity



SHOOTING SUPERSTARS: In pairs, children share one ball and take turns practising correct shooting technique by bending the knees, extending the arms, and flicking the wrist to send the ball high and accurately towards the hoop, with a strong focus on balance, controlled footwork, and holding the follow-through. Coloured cones are placed at increasing distances from the hoop to create progressive shooting levels, with players only moving back once they successfully score from their current cone, encouraging accuracy over power and building confidence. **PROGRESSION:** Add defenders raising their hands to apply pressure, or introduce "shot streak" challenges where players must score three in a row before advancing.

RACE THE BUZZER: In groups of eight, two shooters work inside a marked grid while six feeders spread evenly around the outside. Feeders pass quickly into the shooters and collect rebounds, returning the ball immediately to keep the tempo high. Shooters must move constantly, pivot on a secure landing foot, and take quick, balanced shots under time pressure. The challenge is to score as many goals as possible within two minutes, encouraging strong teamwork, clear communication, and accurate shooting. Rotate shooters regularly so all players experience working under pressure and supporting from the outside. **PROGRESSION:** Add a defender in the middle to intercept passes, allow only one-handed catches, increase the grid size for higher ability groups, or reduce it to provide additional support.

LIGHTNING BREAK: Teams race from one end of the court to the other, working together to complete two controlled passes in each third of the court before finishing with a shot. Players must time their runs carefully, move at speed into space, and communicate clearly to support the ball carrier and maintain flow. Emphasise quick transitions, accurate passing on the move, and balanced shooting under pressure as teams aim to beat their best time. Encourage players to reset quickly after each attempt and reflect on how teamwork and communication can improve performance. **PROGRESSION:** Introduce defenders in the middle third to increase pressure, require every player to touch the ball before shooting, or run a knockout format where the slowest team is eliminated each round.

Adapted Learning (Differentiation) (Challenge)

SPACE

Shorten shooting distance for beginners, increase range for advanced.

TASK

Start with technique practice, progress to timed challenges and fastbreaks.

EQUIPMENT

Use lowered posts for beginners, regulation height for advanced.

PEOPLE

Work in pairs for shooting, rotate in teams of 8 for group challenges.

Cooldown

SHOOTING CIRCLE: Pupils take gentle, close-range shots before completing light stretches for legs and arms to cool down. **PROGRESSION:** Add a challenge by requiring three calm passes before each shot. "what helped you shoot accurately when under pressure?"

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

Year 6 - Netball

Lesson Plan

COMPLETE
EDSTART

Lesson Objective To understand the roles of each player on the netball team and know the specific rules involved **Lesson 3/6**

Equipment Needed Netballs, cones, bibs, markers.

Success Criteria Children can:

- Understand where each specific player can move to on the court
- Know that they are expected to play in each position throughout the games
- Know they only have four seconds to hold the ball
- Analyse skills and techniques to modify and improve performance

EDSTART KNOW

- I can explain the different positions in netball
- I can describe where each position can move
- I can understand the 4-second rule

EDSTART GO

- I can pass and receive while respecting position boundaries
- I can play in each position during High 5 games
- I can apply rules in keep-ball and matches

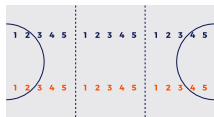
EDSTART SHOW

- I can respect my teammates when rotating positions
- I can encourage others when playing in new roles
- I can respect the rules and play fairly

Key Questions How do passing, pivoting, and positioning help a team keep possession in netball?: Accurate passing, strong pivots, and good positioning create clear passing options and protect the ball. When players move into space, stay within their roles, and communicate clearly, teams can keep possession, break through defenders, and play more effectively together.

Warm Up **PASSING TRIANGLES:** In groups of three or four, children practise chest passing in a triangle, focusing on correct technique, accuracy, and catching with soft hands. Emphasise stepping towards the pass and clear communication. **PROGRESSION:** Add follow-the-pass rotation to encourage movement after passing.

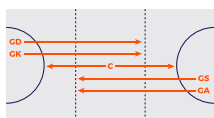
Main Activity



PASS MASTERS: In teams of five, children play within one third of the court and work together to complete five accurate passes in a row to score a point. Once a player receives the ball, they must stop, pivot on a grounded foot, and scan for an open teammate, reinforcing correct footwork and decision-making with no stepping or moving while holding the ball. The defending team works cooperatively to block passing lanes, apply pressure without contact, and intercept passes at the right moment. If possession is lost or intercepted, the pass count resets to zero, encouraging focus and consistency. Emphasise communication, movement into space, and supporting the ball carrier to help teams build successful passing sequences. **PROGRESSION:** Add a target player on the sideline who must receive the fifth pass for a bonus point, encouraging quicker decisions, sharper movement, and clear calling for the ball.



NETBALL NINJA: In groups of five, four players work as attackers to keep possession while one player acts as the "ninja defender" in the middle, aiming to intercept passes. The attackers must stay calm under pressure, use quick and controlled pivots on a grounded foot, and make accurate passes to maintain possession. Encourage constant movement off the ball, clear communication, and showing hands to create strong passing options. The ninja defender focuses on clever positioning, reading passes, and reacting quickly to win the ball, with no contact allowed at any time. Rotate the defender regularly so all pupils experience both attacking and defending roles, helping develop teamwork, timing, and tactical awareness. **PROGRESSION:** Add a second defender to create a 4v2 challenge, reduce the space to increase pressure, or introduce time limits to encourage faster passing and decision-making.



POSITION POWER PLAY: Children explore the key High 5 Netball positions—GS, GA, C, GD, and GK—by learning where each position can move, their main responsibilities, and how they contribute to team play. Begin by clearly explaining movement rules and demonstrating how each role supports attack and defence. Teams of five then play short mini matches, rotating positions every three minutes so all pupils experience each role and develop a broader understanding of the game. Emphasise clear communication, spatial awareness, and tactical decision-making as players adapt to different responsibilities. Encourage pupils to reflect on how positioning affects passing options, defending space, and scoring opportunities. **PROGRESSION:** Award bonus points for interceptions, rebounds, or accurate feeds into the shooting circle, and challenge teams to stay strictly within their positional zones to test discipline and understanding.

Adapted Learning (Differentiation) (Challenge)

SPACE

Use one third of a court for beginners, expand to full court.

TASK

Start with keep-ball, progress to positional matches.

EQUIPMENT

Use bibs to mark positions clearly.

PEOPLE

Teams rotate positions regularly to learn all roles.

Cooldown

WALKING NETBALL: Pupils play at walking pace, focusing on positional movement, spacing, and controlled passing. The session finishes with light stretching. **PROGRESSION:** Add a five-pass target before scoring. "which position did you find most challenging today, and why?"

Key Technical Points

Receive the ball balanced, pivot on a grounded foot to protect possession, scan quickly for options, and release an accurate pass using correct technique and clear communication.

Year 6 - Netball

Lesson Plan

COMPLETE
EDSTART

Lesson Objective To have the opportunity to play in all roles on the netball team and know the specific rules involved **Lesson 4/6**

Equipment Needed Netballs, cones, bibs, markers.

Success Criteria Children can:

- Move across the court whilst passing the ball confidently using the correct techniques against a defender
- Know they only have 4 seconds to hold the ball
- Analyse skills and techniques to modify and improve performance

EDSTART KNOW

- I can explain the rules of High 5 Netball
- I can describe how to move the ball quickly into space
- I can understand how to use depth and width when attacking

EDSTART GO

- I can play in all positions during games
- I can attack and defend using correct movement
- I can move the ball quickly across the court

EDSTART SHOW

- I can respect teammates when rotating positions
- I can encourage others when defending and attacking
- I can play fairly in matches

Key Questions

How does using space and teamwork help a team attack successfully in netball?: Using space and working as a team creates clear passing options, makes it harder for defenders to intercept, and opens up scoring opportunities. When players move into space, communicate clearly, and time their runs well, the ball can move quickly and effectively through the court, leading to more successful attacks.

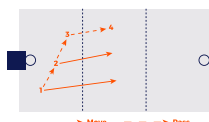
Warm Up

4 SQUARE: Teams work to pass the ball into every quarter of the court while defenders try to intercept and disrupt play. Emphasise scanning, quick decision-making, and accurate passing into space. **PROGRESSION:** Add a time limit to complete all passes.

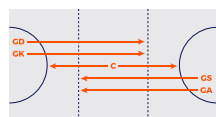
Main Activity



SPACE INVADERS: In groups of five, four attackers work together against one defender in a dynamic game that emphasises movement, spacing, and teamwork. The attackers must use the full width and depth of the court, constantly moving into space to create clear passing lanes and shooting opportunities. Encourage attackers to time their runs, show for the ball, and communicate clearly, while the defender focuses on smart positioning, reading passes, and attempting clean interceptions or blocks without contact. Rotate the defender every three rounds to maintain high intensity and ensure all players experience both attacking and defending roles. This activity develops awareness of space, depth, and timing, helping players understand how off-the-ball movement supports successful attacking play. **PROGRESSION:** Add a second defender to create a 4v2 challenge, limit possession to three seconds to increase tempo, or award bonus points for creative movement into space before receiving the ball.



RACE THE REBOUND: Set up full-court fastbreak challenges where teams move the ball from one end of the court to the other, passing through every third before scoring. Teams race against the clock and a defending team, completing two controlled passes in each third to encourage quick movement, accurate passing, and teamwork under pressure. Players should communicate constantly using clear cues such as "CLEAR!" or "MIDDLE!" and keep their heads up to spot open teammates and space ahead. Emphasise speed with control, sharp transitions, and balanced shooting at the end of the break. The fastest team to score without breaking the three-second rule wins the round. **PROGRESSION:** Add a defender in each third to increase pressure, raise the requirement to three passes per zone, or set team time targets so groups aim to beat their personal bests.



EDSTART CHAMPIONS CUP: Finish with a High 5 Netball mini-tournament. Teams of five play short matches, rotating positions every three minutes so all players experience shooting, defending, and linking play. Encourage calling plays, dynamic movement, and celebrating success. The focus is on teamwork, communication, and fair play.

POSITIONS REMINDER: CENTRE (C): EVERYWHERE EXCEPT SHOOTING CIRCLES, GOALKEEPER (GK) & GOAL DEFENCE (GD): DEFENSIVE AND MIDDLE THIRDS GOAL ATTACK (GA) & GOAL SHOOTER (GS): ATTACKING AND MIDDLE THIRDS **PROGRESSION:** Add a "POWER PLAY" minute where goals count double, or themed rounds (e.g. LEFT-HANDED PASSES ONLY or SILENT COMMUNICATION). Award the EDSTART FAIR PLAY AWARD to the team showing the best teamwork and sportsmanship.

Adapted Learning (Differentiation) (Challenge)

SPACE

Use smaller areas for beginners, full court for advanced.

TASK

Start with 4v1 passing games, progress to High 5 matches.

EQUIPMENT

Use bibs and cones to mark playing zones.

PEOPLE

Teams rotate positions every few minutes for equal experience.

Cooldown

PASS & STRETCH TRIANGLES: Pupils work in pairs to complete stretches while walking slowly. **Progression:** Pupils lead one stretch for the pair. Plenary: "Which role helped you most to understand the rules of the game?"

Key Technical Points

Rules:

- If a child receives the ball with one foot on the ground or jumps to catch the ball and lands on one foot, they can then pivot on the landing foot
- If a child receives the ball whilst both feet are on the ground. The player may then choose to move either foot and the remaining foot shall then be considered to be the landing foot

Year 6 - Netball

Lesson Plan

Lesson Objective To play small modified games of netball **Lesson 5/6**

Equipment Needed Netballs, cones, bibs, markers.

Success Criteria Children can:

- Understand the rules of netball and the positions that are needed
- Identify and use tactics to help the team keep the ball and advance it forward
- Apply some elements of strategy and tactics

EDSTART KNOW

- I can explain the main rules of netball
- I can describe how tactics can help a team keep possession
- I can understand how to apply strategy in small-sided games

EDSTART GO

- I can apply rules in modified High 5 Netball
- I can use tactics to help my team attack and defend
- I can combine skills to play full games

EDSTART SHOW

- I can respect opponents and officials in games
- I can support teammates using tactics
- I can show fairness whether my team wins or loses

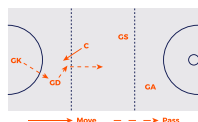
Key Questions How can teams break down defenders and create scoring chances in netball?: Teams can break down defenders by spreading out, moving the ball quickly, and using smart communication to switch play and create space. Accurate passing, good timing of runs, and teamwork make it harder for defenders to intercept and lead to more scoring opportunities.

Warm Up **4 SQUARE (VARIATION):** Play the same game, but teams must successfully pass into each square twice before they are allowed to score. This encourages patience, scanning, and purposeful movement to create space. **PROGRESSION:** Reduce the size of the squares or add an extra defender to increase pressure and decision-making.

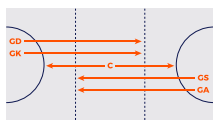
Main Activity



ATTACK THE ZONE: Set up multiple mini-courts, each with four attackers and one defender. The attackers work together to keep possession and move the ball into a clearly marked ATTACK ZONE before taking a shot. Encourage attackers to spread out across the space, switch the ball quickly from side to side, and communicate clearly to stretch the defender and create passing lanes. Players should move immediately after passing, show their hands for the ball, and make smart decisions under pressure. The defender focuses on blocking passing lanes, anticipating movement, and winning the ball cleanly with no contact. Rotate defenders every two minutes so everyone practises reading play, reacting quickly, and understanding defensive positioning. **PROGRESSION:** Add a second defender to create a 4v2 challenge, limit attackers to three passes before shooting to increase tempo, or award bonus points for switching play from one side of the court to the other before scoring.



POWER PLAY RELAY: Divide the class into teams of five and assign each player a High 5 Netball position (GK, GD, C, GA, GS) so everyone understands their movement rules and responsibilities. On the whistle, play begins in defence, with the ball starting with the GK or GD. Teams must pass and move the ball through every third of the court before attempting a shot, reinforcing correct spacing, timing of runs, and positional discipline. Players should communicate clearly, support the ball carrier, and transition quickly from defence to attack. Teams race against the clock to complete the sequence, but every mistake, such as a dropped pass, footwork error, or moving offside, adds five seconds to their time, encouraging focus, accuracy, and teamwork under pressure. This activity develops awareness of court thirds, positional roles, and fast, controlled transitions. **PROGRESSION:** Add defenders in the centre third to increase pressure, set a target time for teams to beat, or run a knockout competition where the slowest team each round is eliminated.



THE NETBALL GRAND SLAM: Finish with full High 5 Netball matches in rotating teams, bringing together all skills learned. Emphasise communication, fair play, and tactical thinking. Before each match, teams agree on one key focus (e.g. quick passing, defensive marking, or using width). Rotate positions every three minutes so all players experience attacking, defending, and centre play. Keep matches short and high-energy to maximise involvement. **PROGRESSION:** Add "POWER PLAY" rounds where all goals count double for one minute, or themed challenges such as SILENT NETBALL or LEFT-HAND PASSES ONLY. Award the EDSTART SPIRIT AWARD to the team showing the best teamwork and sportsmanship.

Adapted Learning (Differentiation) (Challenge)

SPACE

Start with smaller 3rds, progress to full court games.

TASK

Begin with conditioned rules, progress to freer play.

EQUIPMENT

Use cones to mark 3rds if no court available.

PEOPLE

Balanced teams for fairness, rotate roles to learn.

Cooldown

WALKING NETBALL: Teams pass slowly in a circle at walking pace, focusing on controlled movement, accurate passing, and safe footwork. After every few passes, players pause to complete gentle stretches for arms and legs. **PROGRESSION:** Add a moving target player who teams must pass to accurately. "what tactic helped your team keep possession today?"

Key Technical Points

- Rules – Players may not:
- Bounce the ball more than once
 - Hand or roll the ball to another player
 - Place their own hands on a ball held by an opponent

Year 6 - Netball

Lesson Plan

COMPLETE
EDSTART

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:

- Pass and receive under control in a game situation
- Understand each positions roles and responsibilities
- Demonstrates leadership qualities to provide strategy and tactics in game situations for teammates to succeed

EDSTART KNOW

- I can explain the tactics used in matches
- I can describe the responsibilities of each position
- I can understand how to lead and support a team

EDSTART GO

- I can play in tournament-style matches
- I can rotate positions and adapt to different roles
- I can pass, shoot, and defend in competitive games

EDSTART SHOW

- I can respect referees, scorers, and opponents
- I can encourage my teammates during games
- I can show sportsmanship whether I win or lose

Key Questions

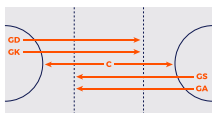
How do teamwork and quick passing help teams be successful in High 5 Netball?: Teamwork and quick, accurate passing help teams keep possession, move the ball into space, and create scoring opportunities. By communicating clearly, moving after passing, and working together across different positions, teams can play faster, make better decisions, and support each other effectively in matches.

Warm Up

4 SQUARE: Teams must successfully pass the ball into all four marked squares before they are allowed to score, encouraging scanning, patience, and movement into space. **PROGRESSION:** Limit players to 3 seconds per pass to increase tempo and decision-making.

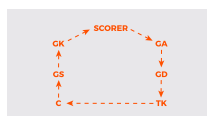
Main Activity

THE PASSING PYRAMID: Begin with a high-energy, team-based warm-up to prepare for the HIGH 5 NETBALL TOURNAMENT. Children work in teams of seven, standing in a pyramid formation (1 player at the front, 2 behind, 3 behind them, and 1 at the back). The ball is passed up and down the pyramid without being dropped. When the ball reaches the back player, they sprint to the front to restart the sequence. The aim is to complete as many full pyramids as possible in 60 seconds. Round 1: Chest Passes Only Round 2: Bounce Passes Only Round 3: Mixed Passes – Call Your Teammate's Name Before Passing Round 4: Silent Round – No Talking. **PROGRESSION:** Add a second ball to increase challenge and teamwork. Award points for smooth passing, communication, and encouragement.



EDSTART CHAMPIONSHIP CLASS: Teams of seven compete in a round-robin EDSTART HIGH 5 NETBALL TOURNAMENT. Matches last 8 minutes, with positions rotated after 4 minutes so everyone experiences attacking, defending, and centre play.

POSITIONS: centre (C): anywhere except shooting circles. goalkeeper (GK) & goal defence (GD): defensive and middle thirds, goal attack (GA) & goal shooter (GS): middle and attacking thirds scorer (S) & timekeeper (TK): off-court roles supporting match running



Encourage scorers and timekeepers to help referee games, building leadership and responsibility. Every team plays multiple matches, rotating opponents and positions throughout the session.

ROTATION RULES: Every Player Sits Out Once, But Never Twice In A Row, Rotation Continues Across All Matches, Emphasise Teamwork, Fair Play, And Positive Communication **PROGRESSION:** Introduce a **POWER PLAY ROUND** where goals count double, or require five consecutive passes before shooting. Finish by celebrating standout teamwork, resilience, and leadership with mini awards such as **STAR PASSER**, **DEFENSIVE DYNAMO**, or **TEAM SPIRIT CHAMPION**.

Adapted Learning (Differentiation) (Challenge)

SPACE

Adjust court size depending on ability.

TASK

Start with short matches, progress to full tournament play.

EQUIPMENT

Use bibs for positions, scorecards for tournaments.

PEOPLE

Teams of 7 rotate positions and roles for fairness.

Cooldown

CELEBRATION CIRCLE: Teams pass the ball gently around the circle and share one skill they have improved, then complete light stretches together. **PROGRESSION:** Each player leads a stretch "which skill will help you most in real matches?"

Key Technical Points

Rules: Pass or shoot within four seconds – Children must know the footwork rule.