****Year 7**

**Netball Scheme of Work**

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| **Aim:** In this unit pupils focus on how to use basic principles of attack and defence to plan strategy and tactics for netball. They work on improving the quality of their skills using various techniques. In all game’s activities, pupils think about how to use skills, strategies and tactics to outwit the opposition. |

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| **Motor Competence**  Pupils will learn to use basic principles of play when selecting and applying tactics for defending and attacking. Pupils will develop the skills necessary to outwit opponents. Passing, shooting, defending and attacking will be developed through small sided games and conditional situations Demonstrating high quality performances and accurate replication will be assessed. | **Rules, Strategies & Tactics**  Pupils will develop the ability to outwit opponents and teams using strategies and tactics. Pupils will learn to choose, combine and perform basic netball skills applying fluency and accuracy in replication. Continual development, adaptation and refinement of skills will contribute to producing an improved performance and outwit opposition more frequently. | **Healthy Participation**  Pupils will be told possible health benefits gained from taking part in netball based activities and discuss the need to stay healthy and active. Suggest any netball clubs within the school timetable and promote community links. To understand the type of fitness netball players need to perform at a high level. |

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| **Cross-Curricular Links**  English (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences) | **Recommended Reading**  Netball Gems Bindup 1-  [Bernadette; Gibbs, Lisa; Hellard](https://www.booktopia.com.au/search.ep?author=Bernadette%3B+Gibbs%2C+Lisa%3B+Hellard), [Lisa Gibbs](https://www.booktopia.com.au/search.ep?author=Lisa+Gibbs) |

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| **Lesson** | **Core Skill** | **Lesson Intention** | **Teaching Points** | **Suggested Drills** | **Questions to be asked (WHAT)** |
| 1 | Core task/Passing/receiving  (short distance chest-bounce)  Passing/ Receiving  (long distance Shoulder and overhead) | To perform a variety of passes and to demonstrate receiving techniques | Passing – 1 W shape behind the ball or one hand holding the ball at the shoulder, 2 javelin position or hands above head, 3 step in to the pass, 3 extend arms fully  Receiving – 1 arms out ready as a target, 2 stand balanced 3 cushion the ball and bring it in | Passing in pairs chest bounce shoulder pass.  Receive a pass using correct footwork, pass and then follow pass.  Receive a pass using correct footwork (turn in air), pass back to where ran from and then follow pass.  5 passes for a point  Passing in pairs chest bounce shoulder pass.  Cut the cake drill (receive from right, pass ahead) | **Retrieval:**  This is the students 1st lesson.  **Things NEED to Know:**  What are the 3 types of netball pass?  What are the teaching points for the 3 netball passes?  When would you use each pass?  Why do we pass? |
| 2 | Footwork | To demonstrate footwork and stopping techniques | Footwork: land with both feet then choose which foot to pivot on or jump, land 1,2 first landing foot can’t move second landing foot can lift off the ground to pivot and turn around. | Jogging-on the whistle jump and land 2 feet  Jogging-on the whistle jump and land 2 feet, take 1 step  Jogging-on the whistle jump and land 1 foot, stop yourself with other foot  Jogging-on the whistle jump and land on 1 foot, stop yourself with other foot and pivot  Throw ball up and catch to practice footwork skills | **Retrieval:**  What is footwork?  What happens if I use incorrect footwork?  **Things NEED to Know:**  What can’t I do with my landing foot?  What is pivoting? |
| 3 | Dodging | To demonstrate techniques of getting free | Dodging: stand behind defender, use sprinting technique to try and get away, in front of defender. Fast feet hands out to receive the ball. Feint dodge: pretend to go one way but actually go the other. | Warm up foxes and hounds  Sprint dodge  Feint dodge  Feeder at top of diamond, use a dodge to get to a cone to receive a pass. Start with passive defenders and add in active defenders | **Retrieval:**  What are the teaching points of a sprint/feint dodge?  How can a dodge help me in a game of netball?  What are the teaching points of each dodge?  **Things NEED to Know:**  What are the two types of dodge? |
| 4 | Defending/marking | To demonstrate different ways of defending | Defending: when marking the ball stand 1m away hands up. When marking the player stand as close as possible without contact, use outside arm so obstruction is not made. | 1st stage defending  2nd stage defending  Feeder at top of diamond, use 1st stage defending (player) to stop the pass. If attacker receives the pass use 2nd stage defending (ball) | **Retrieval:**  What are the 2 types of defending?  What are the teaching points for each type of defending technique?  Why do you need to use both types of defending?  **Things NEED to Know:**  1st stage and 2nd stage defending |
| 5 | Shooting or core task | To demonstrate shooting techniques | Shooting: 1. 2 hands under the ball, 2 feet shoulder with apart 3 hips square on to post, 4 line the ball up with the post 5 bend knees 6 follow through and flick wrist | Shooting practice: how many goals can you score in 1 minute  Shoot from 3 different angles  Shoot with a passive defender  Shoot with an active defender | **Retrieval:**  What are the teaching points for shooting in netball?  Who is allowed to shoot in netball?  **Things NEED to Know:**  Where are you allowed to shoot from? |
| 6 | Creating space or core task | To demonstrate different ways of attacking | Creating space: look for space, move away from opponent/defender | empty cone drill | **Retrieval:**  How do you create space?  Why do you need to create space?  **Things NEED to Know:**  Where is each player allowed to go? |
| 7 | Core Task | Assessment | **Students to be assessed against Assessment Matrix for final grade.** |  |  |