

Scheme of Work

Subject: PE

Year Group: Year 7

Specification: Netball

Express/Mainstream

Lesson No	Topic and Objectives	Key Activities and Specialist Terminology	Big Think Qs and Stretch	Assessment <i>(Include relevant GCSE Q stem)</i>	Homework	Lit/Num SMSC Codes
1	<p>Warm-up: Tig game</p> <ul style="list-style-type: none"> understand and know the benefits of a warm-up prior to exercise perform the skills and actions within the warm-up <p>Pair Stretching</p> <ul style="list-style-type: none"> understand the importance of stretching at the start of the session know the names of major muscles carry out in pairs correct stretching routines safely 	<p>Groups of 5:</p> <ul style="list-style-type: none"> students are to run around the grid avoiding the four students students perform the same drill but once they have been captured they become on the side of the capturer students arranged in a circle teacher leads through series of stretches hold stretches for 7 seconds no bouncing 	<p><i>Why do we warm up?</i></p> <p><i>What muscles we were stretching?</i></p> <p><i>What are the key teaching points of skills played in netball?</i></p>	<ul style="list-style-type: none"> on-going teacher assessment with feedback pupil self-check, including the use of reciprocal sheets teacher-pupil question and answer involve passing the ball between catches 	<p>Get students to list stretches for certain muscles used within Netball</p>	<p>Students will be given the opportunity to develop their social skills in activities involving:</p> <ul style="list-style-type: none"> co-operation collaboration responsibility teamwork
	<p>Ball familiarisation and movement:</p> <ul style="list-style-type: none"> develop their understanding and knowledge of the basic fundamentals of netball develop their ball control, catching and sending skills be able to pivot and stop correctly and safely 	<ul style="list-style-type: none"> move ball around body parts (<i>fig. of 8, through knees</i>) catch the ball, above head, at both sides, along arms and behind back walking and catching – catch the ball with two hands; must stop when caught the ball students move around court and on different commands perform the pivots and stops – land in balanced 				

	<ul style="list-style-type: none"> know and understand the laws that govern stopping and pivoting in netball have an understanding of the rules that affects moving with the ball and responds with body and mind to the demands of netball develop the range of skills they use for moving with the ball 	<p>position; keep weight down; rotate body by pushing foot out, spinning on ball of pivot foot</p>				
	<p>Game: Endball</p> <ul style="list-style-type: none"> understand and know how to perform the Basic Netball skills and the laws and regulations of these in netball incorporate the skills into a small sided game 	<ul style="list-style-type: none"> students can use any type of method within the rules to advance but they cannot move with the ball students cannot go out of court in contact with the ball no contact allowed students must gat ball to either line to score every player must touch the ball before they can shoot and score 				
2	<p>Student warm-up:</p> <ul style="list-style-type: none"> be able to lead the group through heart raising exercise <p>Student stretches</p> <ul style="list-style-type: none"> understand the importance of stretching at the start of the session be able to demonstrate stretches relevant to netball 	<ul style="list-style-type: none"> pairs chosen last lesson lead the warm up listen to and follow instructions of those leading the warm-up students arranged in a circle students lead through series of stretches hold stretches for 8 seconds no bouncing 	<p><i>How they could make warm up easy/harder or more intense?</i></p> <p>Methods of training:</p> <ul style="list-style-type: none"> <i>interval training</i> <i>how this can be linked to playing a game of netball</i> 	<ul style="list-style-type: none"> on-going teacher assessment with feedback pupil self-check, including the use of reciprocal sheets teacher-pupil question and answer 	<p>Create a poster indicating the dimensions of a netball court</p>	<p>Students will be given the opportunity to develop their social skills in activities involving:</p> <ul style="list-style-type: none"> co-operation collaboration responsibility teamwork
	<p>Passing and receiving:</p> <ul style="list-style-type: none"> able to perform the three different passes (<i>chest, shoulder and bounce</i>) clearly understand and 	<p>In pairs – 5m apart:</p> <ul style="list-style-type: none"> <i>Chest pass</i> → hold ball with fingertips and thumbs behind ball, wrists cocked slightly 				

	<p>know how to perform these passes, why these passes are used, and where they are used in the game</p> <ul style="list-style-type: none"> • understand the rule of footwork in netball when passing and moving • be able to perform pivots and stops when passing and receiving • know and understand what needs to be achieved for the pass to be successful • be able to make adjustments and adaptations for when passing the ball under pressure • develop the range of skills they use for passing with the ball • be able to critically evaluating how well each skill and pass has been achieved and finding ways to improve 	<p>→ ball at chest with elbow to sides, flick ball from hands</p> <ul style="list-style-type: none"> • <i>Bounce</i> <ul style="list-style-type: none"> → ONLY ONE BOUNCE → same as the chest but the ball travels down bouncing 1 m in front of partner • <i>Shoulder</i> <ul style="list-style-type: none"> → balls on fingertips with elbow at right angles to body → the hand is behind the ball → the opposite foot forward with hand and transfer weight forward → extend arm forward releasing ball off fingers <p>In 3's:</p> <ul style="list-style-type: none"> • pass ball along line up the court • 'pass and follow' as the team moves up court 				
	<p>Game: Endball</p> <ul style="list-style-type: none"> • incorporate the passing skills into a small sided game • know and understand the rules regarding passing, pivoting and footwork • develop the pupils performances of the techniques practiced so far 	<ul style="list-style-type: none"> • use any method to advance with ball • no contact • pass the ball to a person on a line to score • every player must touch the ball before they can shoot and score 				

3	<p>Student warm-up:</p> <ul style="list-style-type: none"> • be able to lead the group through heart raising exercise <p>Student stretches</p> <ul style="list-style-type: none"> • understand the importance of stretching at the start of the session • be able to demonstrate stretches relevant to netball 	<ul style="list-style-type: none"> • pairs chosen last lesson lead the warm up • listen to and follow instructions of those leading the warm-up • students arranged in a circle • students lead through series of stretches • hold stretches for 8 seconds • no bouncing 	<p><i>Ask students for feedback regarding their performances</i></p>	<ul style="list-style-type: none"> • on-going teacher assessment with feedback • pupil self-check, including the use of reciprocal sheets • teacher-pupil question and answer 	<p>Students will be given the opportunity to develop a sense of fair play based on the rules of the game:</p> <ul style="list-style-type: none"> • positive sporting behaviour • how to conduct themselves in competitions • accept authority
	<p>Passing, receiving and footwork:</p> <ul style="list-style-type: none"> • be able to perform the three different passes (<i>chest, shoulder and bounce</i>) • improve the students decision making, knowledge and understanding of the different types of passing • clearly show an understanding of each passes pro's and con's • understand the rule of footwork when passing and moving • be able to refine and adapt skills into their passing techniques • develop the precision, control and fluency of their passes 	<p>Footwork and pivoting:</p> <ul style="list-style-type: none"> → land in balanced position → keep weight down → rotate body by pushing foot out, spinning on ball of pivot foot → accelerate into space and on command take off and exaggerate flight → land in balanced position → perform numerous pivots <p>In 3's:</p> <ul style="list-style-type: none"> • pass ball along line up the court • 'pass and follow' as the team moves up court <p>2 v 1:</p> <ul style="list-style-type: none"> • Piggy-in-middle • using any pass to keep possession <p>3 v 3:</p> <ul style="list-style-type: none"> • small grids trying to make 5 0 10 and 20 consecutive passes 			
	<p>Game: Endball</p> <ul style="list-style-type: none"> • incorporate the passing skills into a small sided 	<ul style="list-style-type: none"> • use any method to advance with ball • no contact • pass the ball to a person on a line to 			

	<p>game</p> <ul style="list-style-type: none"> know and understand the rules regarding passing, pivoting and footwork develop the pupils performances of the techniques practiced so far 	<p>score</p> <ul style="list-style-type: none"> every player must touch the ball before they can shoot and score 				
4	<p>Student warm-up:</p> <ul style="list-style-type: none"> be able to lead the group through heart raising exercise <p>Student stretches</p> <ul style="list-style-type: none"> understand the importance of stretching at the start of the session be able to demonstrate stretches relevant to netball 	<ul style="list-style-type: none"> pairs chosen last lesson lead the warm up listen to and follow instructions of those leading the warm-up students arranged in a circle students lead through series of stretches hold stretches for 8 seconds no bouncing 	<p><i>Components of fitness:</i></p> <ul style="list-style-type: none"> importance of muscular strength how this can be linked to footwork and pivoting <p>Ask about performances of these footwork and pivoting skills</p>	<ul style="list-style-type: none"> on-going teacher assessment with feedback pupil self-check, including the use of reciprocal sheets teacher-pupil question and answer 	<p>On the poster they created write down the positions on a netball team and where they stand on court for a centre pass</p>	<p>Through the activities in this unit pupils will be given the opportunities to develop:</p> <ul style="list-style-type: none"> counting skills for organising themselves into groups understanding the basic scoring in netball
	<p>Footwork and pivoting:</p> <ul style="list-style-type: none"> be able to perform the footwork and pivoting skills understand and know how to perform the correct footwork and pivoting techniques clearly demonstrate knowledge and understanding of the rules regarding these skills be accurate in the replication of actions, phrases and sequences by the feet and when pivoting appreciate how to make adjustments and adaptations with footwork 	<p>Footwork and pivoting:</p> <ul style="list-style-type: none"> land in balanced position keep weight down rotate body by pushing foot out, spinning on ball of pivot foot students try to get to a line and on commands they must stop and pivot students run around court and stop on command jump land and pivot, then with ball; holding for 3 seconds only <p>In pairs:</p> <ul style="list-style-type: none"> A sprints, catches ball and pivots passing ball back to B <ul style="list-style-type: none"> accelerate into space and on command take off and exaggerate flight land in balanced position 				

	and pivoting	→ perform numerous pivots				
	Game: 5 v 5 <ul style="list-style-type: none"> pass when players in space only players must pivot before passing the ball know and understand how to score incorporate dodges and attacking skills in competitive situations know and understand where on a court is the space be able to outwit opponents with passing, movement, pivoting and footwork skills be able to critically evaluate how well the footwork and pivoting has been achieved and to find ways to improve 	<ul style="list-style-type: none"> use any method to advance with ball no contact pass the ball to a person on a line to score every player must touch the ball before they can shoot and score 				
5	Student warm-up: <ul style="list-style-type: none"> be able to lead the group through heart raising exercise Student stretches <ul style="list-style-type: none"> understand the importance of stretching at the start of the session be able to demonstrate stretches relevant to netball 	<ul style="list-style-type: none"> pairs chosen last lesson lead the warm up listen to and follow instructions of those leading the warm-up students arranged in a circle students lead through series of stretches hold stretches for 8 seconds no bouncing 	Components of fitness: <ul style="list-style-type: none"> importance of cardiovascular fitness how this can be linked to fielding and running around the posts <p><i>Within the games whether they are outwitting the opponents through space, signalling and</i></p>	<ul style="list-style-type: none"> on-going teacher assessment with feedback pupil self-check, including the use of reciprocal sheets teacher-pupil question and answer peer analysis, evaluation and feedback 	<p>What is your current grade?</p> <p>What is your target grade?</p> <p>What can you do to improve?</p>	<p>Through the activities in this unit pupils will be given the opportunities to develop:</p> <ul style="list-style-type: none"> counting skills for organising themselves into groups understanding the basic scoring in Rounders
	Passing and receiving on the move: <ul style="list-style-type: none"> know and understand how to perform these 	In pairs: <ul style="list-style-type: none"> 5m apart A uses chest passes to B whom is moving forward and catches the ball 				

<p>movements in all directions correctly and safely</p> <ul style="list-style-type: none"> • be able to perform pivots and stops when passing, receiving and moving forward, back and to the sides • further develop their performances of these passes, why these passes are used and where they are used • be able to perform the signal • know and understand how to perform the signal and the importance of it • be able to analyse performances and identify strengths and weaknesses in passing and receiving on the move • perform at speed, height, distance, strength or accuracy when passing and receiving on the move • be accurate in the replication of actions, phrases and sequences when passing and receiving on the move 	<p>on the move</p> <ul style="list-style-type: none"> • 5 times each • use bounce and shoulder passes to their partners when they are moving forward and back <p>On 1... 2... 3...</p> <ul style="list-style-type: none"> • pass ball to the right of partner who catches using correct footwork • pass ball to left • students do tasks in silence – so they now signal <p>In 3's:</p> <ul style="list-style-type: none"> • 'pass and go' moving down court 	<p><i>passing?</i></p>				
<p>Game: 5 v 5</p> <ul style="list-style-type: none"> • understand the rule of free and penalty pass • be able to perform the pivots, footwork, different types of passing whilst moving in competitive situations 	<ul style="list-style-type: none"> • use any method to advance with ball • no contact • pass the ball to a person on a line to score • every player must touch the ball before they can shoot and score 					

6	<p>Student warm-up:</p> <ul style="list-style-type: none"> • be able to lead the group through heart raising exercise <p>Student stretches</p> <ul style="list-style-type: none"> • understand the importance of stretching at the start of the session • be able to demonstrate stretches relevant to netball 	<ul style="list-style-type: none"> • pairs chosen last lesson lead the warm up • listen to and follow instructions of those leading the warm-up • students arranged in a circle • students lead through series of stretches • hold stretches for 8 seconds • no bouncing 	<i>What are the PoF?</i>	<ul style="list-style-type: none"> • on-going teacher assessment with feedback • pupil self-check, including the use of reciprocal sheets • teacher-pupil question and answer • peer analysis, evaluation and feedback 	<p>Through activities in this unit pupils will be able to understand, use and spell correctly words relating to netball:</p> <ul style="list-style-type: none"> • warm-up and cool-down • passing and receiving • footwork and pivot • dodging • teamwork and fair play
	<p>Dodging:</p> <ul style="list-style-type: none"> • be able to perform the different attacking moves • clearly understand and know the benefits of using these dodges and why these are used • use imagination and creativity to get into space, use changes in speed, fakes and dodges • know and understand how to get into space and know the importance of using dodges and getting into space • be able to analyse performances, identifying strengths and weaknesses of movements • be able to dodge and outwit opponents • be accurate in the replication of actions, phrases and sequences of movement and action to beat an opponent 	<p>In pairs:</p> <ul style="list-style-type: none"> • in a 15x15m grid • A tries to get away from B in 10 seconds • A has 3 seconds to get away from B <ul style="list-style-type: none"> → a simple change of direction → use a low stance to transfer body weight transfer quickly from one side to the other and back again <p>In 3's:</p> <ul style="list-style-type: none"> • pass ball to partner when they're in space 			

	<p>Game: Shoot in dust bins</p> <ul style="list-style-type: none"> • know and understand how to score • incorporate dodges and attacking skills in competitive situations understand the rule of free and penalty pass • know and understand where on a court is the space 	<ul style="list-style-type: none"> • use any method to advance with ball • no contact • pass the ball to a person on a line to score • every player must touch the ball before they can shoot and score 				
7	<p>Student warm-up:</p> <ul style="list-style-type: none"> • be able to lead the group through heart raising exercise <p>Student stretches</p> <ul style="list-style-type: none"> • understand the importance of stretching at the start of the session • be able to demonstrate stretches relevant to netball 	<ul style="list-style-type: none"> • pairs chosen last lesson lead the warm up • listen to and follow instructions of those leading the warm-up • students arranged in a circle • students lead through series of stretches • hold stretches for 8 seconds • no bouncing 	<p><i>Explain the qualities needed to become a good sports leader</i></p>		<p>What is your current grade?</p> <p>What is your target grade?</p> <p>What can you do to improve?</p>	
	<p>Shooting:</p> <ul style="list-style-type: none"> • clearly know and understand how to and why we shoot in netball • be able to perform the static shot • understand and know how to perform this static shot • be accurate and precise in their shooting • use strength, speed and accuracy in their shooting 	<p>Shooting technique:</p> <ul style="list-style-type: none"> → face the goal post; feet shoulder width apart and body balanced → eyes focused on the front of the rim → ball resting on the fingers (<i>not the palm</i>) → wrist under ball; wrist and elbow centred to goal → knees bent; drop wrist backward a few inches behind the head → flick ball with fingers and wrist; release with fingers → extend knees slightly → follow through in direction with fingers and wrist 				

		<ul style="list-style-type: none"> shoot to your partner shoot 1 m away from goalposts partners are now stationary defenders move back when the students have scored <p>In 3's:</p> <ul style="list-style-type: none"> students pass in 3rds into D and shoot <p>Relays:</p> <ul style="list-style-type: none"> ball is placed on floor in-front of post players sprint to ball, pick it up and shoot they can sprint back when they have scored 				
	<p>5 v 5 game with goals:</p> <ul style="list-style-type: none"> understand the rules and laws regarding Shooting in small sided <i>e.g. the two players that are allowed to shoot and the area that they can shoot in</i> incorporate the skills previously learnt to play small competitive games of netball 	<ul style="list-style-type: none"> use any method to advance with ball no contact pass the ball to a person on a line to score every player must touch the ball before they can shoot and score 				
8	<p>Student warm-up:</p> <ul style="list-style-type: none"> be able to lead the group through heart raising exercise <p>Student stretches</p> <ul style="list-style-type: none"> understand the importance of stretching at the start of the session be able to demonstrate stretches relevant to netball 	<ul style="list-style-type: none"> pairs chosen last lesson lead the warm up listen to and follow instructions of those leading the warm-up students arranged in a circle students lead through series of stretches hold stretches for 8 seconds no bouncing 	<i>Demonstrate the qualities that make a good sports leader</i>		<p>What is your current grade?</p> <p>What is your target grade?</p> <p>What can you do to improve?</p>	

	<p>5 v 5 round robin tournament:</p> <ul style="list-style-type: none"> • incorporate these skills into small sided games • be able to perform these skills in a competitive situation • know and understand the simple rules such as starting, scoring, marking, footwork, pivoting • be able to explore and experiment with techniques, tactics and compositional ideas to produce efficient and effective outcomes within small sided games • use their knowledge and understanding of the skills and game to play to the laws and to the best of their ability • refine and adapt ideas and plans in response to changing circumstances 	<ul style="list-style-type: none"> • use any method to advance with ball • no contact • pass the ball to a person on a line to score • every player must touch the ball before they can shoot and score 				
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