

Scheme of Work

Subject: PE

Year Group: Year 8

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>Overhead pass, moving and footwork:</p> <ul style="list-style-type: none"> be able to perform the different passes (<i>overhead, chest, shoulder and bounce</i>) clearly understand and know how to perform these passes, why these passes are used and where they are used in the 	<p>In pairs – 10m apart:</p> <ul style="list-style-type: none"> <i>Overhead pass</i> <ul style="list-style-type: none"> → hold ball on fingertips with elbow at right angles to the body → the hand is behind the ball → opposite foot forward and as extending the arm transfer the weight forward; release from fingers 				

	<p>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 • develop the range of skills they use to pass the ball • develop the precision, control and fluency to keep control and pass the ball • refine skills in response to changing movements • perform the passes with speed, height, distance, strength or accuracy 	<p>In 4s – 10m apart:</p> <ul style="list-style-type: none"> • ‘pass and go’ <p>Large circle and square passing:</p> <ul style="list-style-type: none"> • person in middle sprinting from middle and catching • using a variety of passes to return the pass <p>4 v 4 possession game:</p> <ul style="list-style-type: none"> • defenders add pressure onto the attacker using effective passes • defender narrows the space 				
	<p>Game: 5 v 5 possession</p> <ul style="list-style-type: none"> • know and understand the importance of keeping possession • know and understand how to use attacking and defensive skills when in each situation • be able to perform numerous skills previously learnt to keep possession or gain possession 	<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 get 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 	<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 	<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"> • interval training • how this can be 	<ul style="list-style-type: none"> • on-going teacher assessment with feedback • pupil self-check, including the use of reciprocal sheets 	<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

<ul style="list-style-type: none"> at the start of the session be able to demonstrate stretches relevant to netball 	<ul style="list-style-type: none"> hold stretches for 8 seconds no bouncing 	<p><i>linked to playing a game of netball</i></p>	<ul style="list-style-type: none"> teacher-pupil question and answer 			<ul style="list-style-type: none"> teamwork
<p>Shooting – one handed:</p> <ul style="list-style-type: none"> clearly know and understand how to and why we shoot in netball and the different types of shooting be able to perform the one handed shot and re-bounding clearly know and understand how to and why we re-bound understand and know how to perform this one handed shot and re-bounding be able to critically evaluating how well the shooting has been and to be able to find ways to improve 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 <p>In pairs:</p> <ul style="list-style-type: none"> A shoot ½ - 3m away from goalposts partners are stationary defenders drop 6 cones in the D A starts at cone outside D A sprints to a cone receiving a pass from B who is under the post A shoots sprints around cone outside D and then sprints to a different cone B adds pressure 					
<p>5 v 5 game with goals:</p> <ul style="list-style-type: none"> understand the rules and laws regarding Shooting in 	<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>small sided <i>e.g. the two players that are allowed to shoot and the area that they can shoot in</i></p> <ul style="list-style-type: none"> incorporate the skills previously learnt to play small competitive games of netball 	<p>score</p> <ul style="list-style-type: none"> 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>Shooting – one handed:</p> <ul style="list-style-type: none"> clearly know and understand how to and why we shoot in netball and the different types of shooting be able to perform the one handed shot and re-bounding clearly know and understand how to and why we re-bound understand and know how to perform this one handed shot and re-bounding be able to critically evaluating how well the shooting has been and to 	<p>In 3's:</p> <ul style="list-style-type: none"> A passes to C inside the goal circle B adds pressure by defending C when shooting <p>2 v 2 shooting in the D:</p> <ul style="list-style-type: none"> starting around the edge of the D 				

	<p>be able to find ways to improve their shooting</p>					
	<p>5 v 5 game with goals:</p> <ul style="list-style-type: none"> understand the rules regarding shooting and defending incorporate shooting into 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 must play within laws 				
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>Re-bounding:</p> <ul style="list-style-type: none"> be able to perform the skill of re-bounding clearly know and understand how to and why we re-bound understand the rules regarding re-bounding, defending and contact perform the rebounds with speed, height, distance, strength and accuracy refine and adapt the rebounds in response to changing situations 	<p>Re-bounding technique:</p> <ul style="list-style-type: none"> → face the goal after the shot has been taken → adopt a strong position → if the shot is unsuccessful – jump high and strong to catch the ball at the highest point → on landing, bend knees to absorb impact, holding the ball tightly and either pivot or pass <p>In pairs:</p> <ul style="list-style-type: none"> A throws ball against wall and B re-bounds the ball A shoots and B re-bounds 				

	<ul style="list-style-type: none"> plan and implement what needs practicing in their rebounds to be more effective in performance 	<ul style="list-style-type: none"> 1pt = scoring and 2pts = re-bound <p>3 v 3 shooting in the D:</p> <ul style="list-style-type: none"> defender must try and get possession attackers must try to score 				
	<p>5 v 5 game with goals</p> <ul style="list-style-type: none"> incorporate the skills of shooting, rebounding, defending and attacking into small sided games be able to outwit opponents be accurate in the replication of actions, phrases and sequences of movement and action to beat an opponent whether in attack or defence be able to critically evaluating how well the rebounding has been and to be able to find ways to improve their rebounding 	<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 no contact allowed fair play 				
5	<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"> <i>importance of cardiovascular fitness</i> <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 	<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 netball

<p>Attacking – dodging and space:</p> <ul style="list-style-type: none"> • be able to perform the different types of dodges and attacking moves • understand and know how to perform each of these attacking skills and dodges • clearly understand and know the benefits of using these dodges and why these are used <i>e.g. to create space away from defender</i> 	<p>Dodging:</p> <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>Double dodging:</p> <ul style="list-style-type: none"> → repeat the movement → use creativity and movements to lose opponents <p>In pairs:</p> <ul style="list-style-type: none"> • 5 x 5 m grid • students use sprints, dummies, twists, sprint-stop-sprint to get away from each other <p>In 4's:</p> <ul style="list-style-type: none"> • 1 x feeder, 1 x defender, 1 x attacker and 1 x coach • 2pts = getting free and receiving the pass • 2 pts = defender stopping the attacker getting/intercepting the pass <p>3 v 1 defending:</p> <ul style="list-style-type: none"> • working on dodging, space and the principles of attacking play 	<p><i>passing?</i></p> <p><i>What skills and techniques are being used to beat opponents at speed?</i></p> <p><i>How can you outwitting your opponents?</i></p> <p><i>What must you do to maintain possession?</i></p>	<p>and feedback</p>			
<p>7 v 7 game with 2 x referees:</p> <ul style="list-style-type: none"> • know the positions on court; the areas that each position is allowed in and each positions responsibilities in attack and defence incorporate 	<ul style="list-style-type: none"> • use any type of method within the rules to advance • cannot go out of court in contact with the ball • no contact allowed • fair play • use creativity 					

	<p>the attacking skills</p> <ul style="list-style-type: none"> perform new techniques, tactics and compositional ideas to maintain possession of the ball be able to outwit opponents when creating space and keeping possession 	<ul style="list-style-type: none"> get behind defenders attack the space constantly move in attack communicate with team mates and use these team mates for decoys 				
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>Attacking – dodging and space:</p> <ul style="list-style-type: none"> be able to perform the different types of dodges and attacking moves understand and know how to perform each of these attacking skills and dodges develop their understanding and knowledge of the benefits of using these dodges and why these are used use imagination and creativity to get into space and use a range of attacking skills and dodges be able to critically 	<p>3 v 1 defending:</p> <ul style="list-style-type: none"> working on dodging, space and the principles of attacking play attack space anywhere on court <p>In 6's:</p> <ul style="list-style-type: none"> 10 x 10m grid 2 x feeders, 2 x defenders, 2 x attackers attackers dodge to find space and receive pass from feeders use signals and communication in both attack and defence 				

	<p>evaluate how well the attacking and defensive play has been and to be able to find ways to improve it</p> <ul style="list-style-type: none"> • be accurate in the replication of actions, phrases and tactics to outwit opponents • be able to analyse performances, identifying strengths and weaknesses in attack and defence • appreciate how to make adjustments and adaptations when performing in groups and teams • incorporate the attacking skills 					
	<p>7 v 7 game with 2 x referees:</p> <ul style="list-style-type: none"> • be able to outwit opponents • develop their knowledge and understanding of the positions on court • know and understand the areas that each position is allowed in • know and understand each positions responsibilities in attack and defence 	<ul style="list-style-type: none"> • use any type of method within the rules to advance • cannot go out of court in contact with the ball • no contact allowed • fair play • use creativity • get behind defenders • attack the space • constantly move in attack • communicate with team mates and use these team mates for decoys 				
7	<p>Student warm-up:</p> <ul style="list-style-type: none"> • be able to lead the group through heart raising exercise 	<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 	<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</p>	

	<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"> • students arranged in a circle • students lead through series of stretches • hold stretches for 8 seconds • no bouncing 			<p>target grade?</p> <p>What can you do to improve?</p>	
--	---	---	--	--	---	--

	<p>Defending:</p> <ul style="list-style-type: none"> • be able to perform the defensive skills of closing down, getting goal-side, keeping space and intercepting the different types of passes perform and incorporate these skills in small and full sided situations • understand the benefits of closing down, getting goal-side, keeping space, intercepting the different types of passes and not jumping in • select and use defensive tactics, strategies and compositional ideas effectively in small sided games • constantly be able to refine and adapt ideas and plans in response to changing circumstances in a game when defending • plan and implement what needs practicing to be more defensive 	<p>Defending technique:</p> <ul style="list-style-type: none"> → follows opponent and stays close → mirror movements → position themselves between goal and attacker at all times → begin goal side of attacker and watch flight of ball → anticipate pass to marker; then instantly move around ball to intercept ball → communicate and work as a team <p>In pairs:</p> <ul style="list-style-type: none"> • A follows B where ever they go • must stay goal-side at all times <p>In 3's:</p> <ul style="list-style-type: none"> • A feeds to B while C tries to intercept the ball from either side • C watches first and then increase intensity • C then tries to intercept the ball from behind B <p>In 10's:</p> <ul style="list-style-type: none"> • 10 x 10m grid • 4 x feeders, 3 x defenders, 3 x attackers • attackers dodge to find space and receive pass from feeders whilst defenders prevent this • use signals and communication in both attack and defence 				
--	--	--	--	--	--	--

	<p>7 v 7 game with 2 x referees:</p> <ul style="list-style-type: none"> • be able to outwit opponents • develop their knowledge and understanding of the positions on court • know and understand the areas that each position is allowed in • know and understand each positions responsibilities in attack and defence 	<ul style="list-style-type: none"> • use any type of method within the rules to advance • cannot go out of court in contact with the ball • no contact allowed • fair play • use creativity • get behind defenders • attack the space • constantly move in attack • communicate with team mates and use these team mates for decoys 				
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 	<p><i>Demonstrate the qualities that make 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>Defending:</p> <ul style="list-style-type: none"> • be able to perform the defensive skills of closing down, getting goal-side, keeping space and intercepting the different types of passes perform and incorporate these skills in small and full sided situations • understand the benefits of closing down, getting goal-side, keeping space, 	<p>In 5's:</p> <ul style="list-style-type: none"> • 2 x feeders 10 m apart • 1 x attacker who tries to get free and receive the ball from the feeders • 2 x defenders to intercept the ball <p>In 10's:</p> <ul style="list-style-type: none"> • 10 x 10m grid • 4 x feeders, 3 x defenders, 3 x attackers • attackers dodge to find space and 				

	<p>intercepting the different types of passes and not jumping in</p>	<p>receive pass from feeders whilst defenders prevent this</p> <ul style="list-style-type: none"> • use signals and communication in both attack and defence 				
	<p>7 v 7 game with 2 x referees:</p> <ul style="list-style-type: none"> • be able to outwit opponents • develop their knowledge and understanding of the positions on court • know and understand the areas that each position is allowed in • know and understand each positions responsibilities in attack and defence 	<ul style="list-style-type: none"> • use any type of method within the rules to advance • cannot go out of court in contact with the ball • no contact allowed • fair play • use creativity • get behind defenders • attack the space • constantly move in attack • communicate with team mates and use these team mates for decoys 				