

Scheme of Work

Subject: PE

Year Group: Year 9

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: 3-Person weave</p> <ul style="list-style-type: none"> understand and know the benefits of a warm-up prior to exercise perform the 3-person weave correctly <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 3:</p> <ul style="list-style-type: none"> pass and follow the ball use correct footwork shoot within the D <p>• students arranged in a circle</p> <p>• teacher leads through series of stretches</p> <ul style="list-style-type: none"> hold stretches for 8 seconds no bouncing 	<p><i>Why do we warm up?</i></p> <p><i>What muscles 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>Footwork – turning in the air and running footwork:</p> <ul style="list-style-type: none"> be able to perform the footwork and pivoting skills when turning in the air and running footwork when receiving a pass understand and know how to perform the correct footwork and pivoting techniques when turning in the air and running 	<p>Turning in the air and running footwork:</p> <ul style="list-style-type: none"> → within flight apply a half turn in the air that will enable a change of play or direction → cushion landing and keep weight down; look and locate target whilst keep momentum moving forward → take a step onto opposite foot → keep body upright and balanced; 				

	<ul style="list-style-type: none"> clearly demonstrate knowledge and understanding of the rules regarding these skills be able to critically evaluate how well the turns and running footwork have been achieved and to find ways to improve develop the precision, control and fluency turns and running footwork outwit opponents using their turns and running footwork, strength or accuracy 	<p>bring landed foot through → release ball before re-grounding landed foot</p> <p>In pairs:</p> <ul style="list-style-type: none"> A sprints catches ball, stops, pivots and passes ball back to B A sprints, B passes, A catches ball in flight, turns, pivots A sprints, catches ball and steps through running footwork 				
	<p>7 v 7 game with 2 x referees:</p> <ul style="list-style-type: none"> incorporate turning in the air and running footwork into a game 	<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 				
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 	<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 	<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>stretches relevant to netball</p>	<ul style="list-style-type: none"> • no bouncing 				
<p>Footwork – turning in the air and running footwork:</p> <ul style="list-style-type: none"> • improve their performance of the footwork and pivoting skills when turning in the air and running footwork when receiving a pass • eliminate errors from footwork and pivoting when in control of the ball • understand and know how to perform the correct footwork and pivoting techniques when turning in the air and running • know and understand where and why these skills are used <i>e.g. when attacking space quickly</i> • be able to critically evaluate how well the turns and running footwork have been achieved and to find ways to improve • develop the precision, control and fluency turns and running footwork • outwit opponents using their turns and running footwork, strength or accuracy 	<p>In pairs:</p> <ul style="list-style-type: none"> • A sprints catches ball, stops, pivots and passes ball back to B • A sprints, B passes, A catches ball in flight, turns, pivots • A sprints, catches ball and steps through running footwork <p>In 4's:</p> <ul style="list-style-type: none"> • 'pass and go' down the court and shoot when in the D 					
<p>7 v 7 game with 2 x referees:</p> <ul style="list-style-type: none"> • incorporate turning in the air and running footwork into a game 	<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 					

		<ul style="list-style-type: none"> • 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 				
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 – with steps and re-bounding:</p> <ul style="list-style-type: none"> • perform the step and shoot technique • understand and know how to perform this shooting skill • clearly understand where this type of shooting is used • develop the range of skills they use when shooting with steps • develop the precision, control and fluency of shots • refine skills in response to changing movements when shooting with steps • at the ring 	<p>Shooting technique:</p> <ul style="list-style-type: none"> → line up ball, elbow and wrist with the rim/goal; keep body balanced and focused keep body balanced and focused eyes focused on the front of the rim → set away from defender; transfer weight → place grounded foot in air; keep balance on the ball of the non-grounded foot (<i>remember the footwork rule</i>) → release the ball; bring grounded foot down and move towards the post for the re-bound 				

<ul style="list-style-type: none"> • develop control of whole-body skills and fine manipulation skills when performing the shot • be able to outwit an defender by using the step to shoot 	<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, pass or shoot <p>In pairs:</p> <ul style="list-style-type: none"> • A goes to shoots from a stationary position and then steps to one side and shoots • B is a stationary defender in-front of A • A takes a sideward step and shoots • A shoots and B re-bounds • 1pt = scoring and 2pts = re-bound <p>In 4's:</p> <ul style="list-style-type: none"> • 2 x defenders and 2 x attackers • A1 passes to A2 who must use a step to shoot <p>2 v 2 shooting in the D:</p> <ul style="list-style-type: none"> • starting around the edge of the D 					
<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 				
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 	<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>Defensive principles:</p> <ul style="list-style-type: none"> be able to develop the correct defensive position, and to understand and know this position show knowledge and understanding of the positions in defence and the roles and responsibilities of each position show control, balance and concentration in defence know where, why and how defenders use different methods to intercept and gain possession of the ball when playing be able to analyse their 	<p>Defensive principles:</p> <ul style="list-style-type: none"> pass to those in space; use dummies, players, spins etc to get into space use angled running and correct footwork no contact pass and move, do not remain stationary; only make the pass when it is 'on' <p>2 v 1:</p> <ul style="list-style-type: none"> 7 x 7 m grid 4 x feeders around the edge defender has to defend against the attacker 				

	<p>defensive performances and identify their strengths and weaknesses</p> <ul style="list-style-type: none"> • use imaginative ways to express and communicate ideas whilst in a defensive situation 	<p>3 v 1:</p> <ul style="list-style-type: none"> • 7 x 7 m grid • 3 x attackers and 1 x defender • attackers must pass in sequence 1-2-3-2-1 etc • allows defender to apply strong pressure on the next person receiving the ball <p>In 4's – defensive plays:</p> <ul style="list-style-type: none"> • baseline or sideline pass-into-play • GK, GD, WD, C • work out tactics and plays to create space, keep possession and receive passes <p>4 v 4 pass-into-play:</p> <ul style="list-style-type: none"> • defenders are trying to get ball out of defensive third • attackers try to score • 1 pt = achieving aims 				
	<p>7 v 7 game starting from baseline or sideline:</p> <ul style="list-style-type: none"> • understand the principle of defending own space and goal • understand and know the benefits and effects of gaining and losing this space to an attacker • know and understand the importance of defending as a team all over the court • incorporate previously learned skills/strategies and defending • appreciate how to make 	<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 				

	adjustments and adaptations when defending in games					
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>Components of fitness:</p> <ul style="list-style-type: none"> importance of cardiovascular fitness <p><i>Within the games whether they are outwitting the opponents through space, signalling and 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>	<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 netball
	<p>Defensive principles:</p> <ul style="list-style-type: none"> be able to develop the correct defensive position, and to understand and know this position show knowledge and understanding of the positions in defence and the roles and responsibilities of each position show control, balance and concentration in defence know where, why and how defenders use different methods to intercept and gain possession of the ball when playing be able to analyse their defensive performances and identify their strengths and weaknesses use imaginative ways to express and communicate ideas whilst in a defensive 	<p>2 v 1:</p> <ul style="list-style-type: none"> 7 x 7 m grid 4 x feeders around the edge defender has to defend against the attacker <p>3 v 1:</p> <ul style="list-style-type: none"> 7 x 7 m grid 3 x attackers and 1 x defender attackers must pass in sequence 1-2-3-2-1 etc allows defender to apply strong pressure on the next person receiving the ball <p>In 4's – defensive plays:</p> <ul style="list-style-type: none"> baseline or sideline pass-into-play GK, GD, WD, C work out tactics and plays to create space, keep possession and receive passes 				

	situation	4 v 4 pass-into-play: <ul style="list-style-type: none"> defenders are trying to get ball out of defensive third attackers try to score 1 pt = achieving aims 				
	7 v 7 game starting from baseline or sideline: <ul style="list-style-type: none"> understand the principle of defending own space and goal understand and know the benefits and effects of gaining and losing this space to an attacker know and understand the importance of defending as a team all over the court incorporate previously learned skills/strategies and defending appreciate how to make adjustments and adaptations when defending in games 	<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 				
6	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 	<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 		<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 principles:</p> <ul style="list-style-type: none"> • further develop their knowledge and understanding of the positions on court; the areas that each position is allowed in; each positions responsibilities in attack and defence; and the tactics and roles each position plays in games and set plays • understand and know the principle of getting into and producing space in attack • incorporate previously learned skills and strategies • understand the rules and regulations regarding scoring, fouls, court markings and dimensions • clearly know, understand and demonstrate some creativity and originality in the attacking situations and tactics 	<p>Attacking principles:</p> <ul style="list-style-type: none"> → pass to those in space; use dummies, players, spins etc to get into space → use angled running and correct footwork → no contact → pass and move, do not remain stationary; only make the pass when it is 'on' <p>In 4's – attacking plays:</p> <ul style="list-style-type: none"> • centre pass, penalty pass, free pass and sideline pass-into-play • GS, GA, WA, C • work out tactics and plays to create space, keep possession and score <p>4 v 4 pass-into-play:</p> <ul style="list-style-type: none"> • centre pass, penalty pass, free pass and sideline pass-into-play • attackers try to score • defenders attempting to intercept or rebound the shot • 1 pt = achieving aims <p>2 v 6:</p> <ul style="list-style-type: none"> • full-court • 2 x defenders and 2 x attackers in each third • pass the ball from base line to opposition's base line • If possession lost opponent then attack 		and feedback		
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	<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 <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>7 v 7 game with 2 x referees:</p> <ul style="list-style-type: none"> • be able to outwit opponents • 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 • communicate with team mates and use these team mates for decoys 				

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8	<p>7 v 7 game with 2 x referees:</p> <ul style="list-style-type: none"> • be able to outwit opponents • 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 				