

Lesson no.	Subject:	Lesson description:	Year:	Group:	Ability:	Day:	Period:	Duration:	Total No.: M: F:
3	Netball	Shooting – with step	9						SEN:
Objectives: To confidently perform with accuracy, the step and shoot technique in Netball. To comprehend and grasp how to confidently perform with accuracy, this shooting skill. To clearly understand where this type of shooting is used in Netball.									
Activity	Description	Objectives	Teaching Points	Differentiation	Assessment and Evaluation of Performance	Creativity, Resilience and Tactics	Maths / English / Science / Cross Curricular	Link to Theoretical PE Aspects	
Student Warm Up	The pairs chosen last lesson lead the warm up	To be able to lead the group through heart raising exercises.	- listen to and follow instructions of those leading the warm-up	Ask students how they could make warm up easy / harder / intense	Observe pupils performances	R+ Evaluate how new goals can replace goals that have become unattainable.	Science: The Periodic Table	Muscles of the body This still covered in addition to identifying bones at the following locations	
Student Stretches	Students arranged in a circle. Students lead through series of stretches	To understand the importance of stretching at the start of the session.	- Hold stretches for 8 seconds. - No bouncing.	↑ Get pupils to incorporate stretching with Ball	Q & A on benefits of stretching and their warm ups		Objectives: List the properties of metals and non-metals		
Shooting – with steps	Pupils chest pass ball against wall catching re-bound	To confidently perform with accuracy, the step and shoot technique in Netball To clearly understand where this type of shooting is used in Netball.	<u>shooting</u> - line up ball, elbow and wrist with the rim and goal - keep body balanced and focused - step away from defender - transfer weight - place grounded foot in air - keep balance on ball of non grounded foot - remember footwork rule - release ball	↑ Add semi active defender ↑ Add active defender ↑ From shot play out point ↑ Defender ends play by catching re – bound before the ball bounces	👏 Ask students for feedback regarding their rebounds and positional play Q & A: Are they outwitting their opponents through their rebounds and positional play.	✍ Pupils refine new stepping, shooting and rebounding skills ✍ Create methods to add control and precision to the footwork and steps when shooting	Student expectations: I can make a list of metal properties and non metal properties	• Head - cranium and mandible • 5 regions of the vertebral column - cervical, thoracic, lumbar, sacrum, coccyx	
Rebounds	Pupils toss the ball up and catch the ball turning back in flight A goes to shoots from a stationary position and then steps to one side and shoots.	To develop the variety of skills they use when shooting with steps To develop the precision, control and fluency of shots	- bring grounded foot down - move to post for rebound <u>rebounding</u>		👁 Judge the steps into the shot	🗣 Discuss with students where and why the shot with steps is used in Netball (video analysis)	Maths: Volume and Surface Area of 3D shapes	• Chest - sternum and ribs • Shoulder - scapula, humerus and clavicle	
Step to shoot	In pairs – B is a stationary defender in-front of A. A takes a sideward step and shoots	To develop control of whole-body skills and fine manipulation skills when performing the shot	- position themselves as close to the goalpost as possible - keep eye on ball - as it hits the ring jump high and strong	COMPETITION : 2Pts if score, 2Pts if DEF gets rebound	👁 Assess the movement off the ball when rebounding	✍ Refine the rebounding skills R+ How do you bounce back from a poor shot.	Objectives: To revise volume of 3D shapes	• Elbow - humerus, radius and ulna	
A shot and a rebound	From A shooting they play for the rebound.	To be able to outwit an defender by using the step to shoot	- At highest point catch ball and pull the ball in - On landing, bend knees to absorb the impact. - Hold ball tightly and pivot or pass	↑ Add more defenders to the drill	👁 Assess all the attacking skills used to score or keep possession	✍ Pupils must work on incorporating the weaker hand	Student expectations: I can use correct units for volume	• Hip - pelvis and femur	
Play on	Then play point out Between pairs can they score or re-bound the ball without bouncing. 2pts = scores, 2pts = catch rebound. 1 REF	To comprehend and grasp how to confidently perform with accuracy, this shooting skill.		↑ DEF are static, semi-active, active	☑ Analyse strength and weaknesses in Attack and Defence	✍ Pupils develop, adapt and refine skills, strategies and tactics used in this section	Appreciation of poetry attitudes, purposes and techniques.	• Knee - femur, tibia and sat in front of the knee joint patella	
Attack v Defence	In 4's – A&B = ATT, C&D = DEF A passes ball into circle to B who must use step to shoot.	To refine skills in response to changing movements when shooting with steps at the ring		↑ One point for using a re - bound ↑ Use weak / non – dominant hand to shoot	☑ Evaluate performances of outwitting opponents using the shooting and rebounding skills	✍ Pupils in pairs refine new skills to confidently perform with accuracy, skills with power and dominance	English: Appreciation of poetry attitudes, purposes and techniques.	• Ankle - tibia, fibula and talus	
2 v 2	2 v 2 in D. 3 v 2 defenders in D with C on edge of D. 4 v 2 defenders in D with C on edge of D plus an Attack on baseline	To understand and further their knowledge of the different types of tactics used to create space in small areas To incorporate the skills of previous lessons into a small sided game.	To score you must shoot through the goal Play within rules of game Attack space and create overlaps Create 2 v 1 if possible. Use width and space in the small D	↑ Can only score from using a shot with a step	👁 Assess the decisions made when in the attacking third	✍ Pupils create calls to defensive strategies that include rebounding 🗣 Discuss and listen to strategies that are used to beat opponents in Attack and Defence	Objectives: Read a variety of sporting poems to understand ideas, attitudes, purpose and techniques.	• Foot - tarsals, metatarsals and phalanges	
Games	GAME : 4 v 4 in Attacking third	To clearly understand the rules governing shooting and footwork in Netball. To incorporate shooting with a step into a game situation	- They can use any type of method within the rules to advance. - They cannot go out of court in contact with the ball. - No contact allowed - Play fair - Use creativity	↑ Every player must touch the ball before they can shoot and score ↑ One point for using a re - bound	☑ Evaluate performances of outwitting opponents in Attack and Defence	✍ Pupils create strategies and tactics within games to incorporate shots with steps R+ What mindset do they have when they have lost?	Student expectations: Reading for meaning and technique. Information retrieval and inference. Learning new vocabulary and technical terms.	• Hand Carpals, metacarpals and phalanges	
7 v 7 Games	GAME : 7 v 7 – 2 refs und, 1 for ATT.								
Leadership	Create 2/3 drills to work on shooting when mistakes arise within the games	To be able to modify and refine shooting with the Netball	Give clear instructions and teaching points for shooting in Netball. Give praise, but if same mistakes made then continue with drills.	↑ Students look at ways of improving their shooting skills with fewer errors	👁 Assess the strategies used when coaching shooting	R+ Coaches establish and negotiate boundaries of players.	Skills: Background reading. Multiple-choice. Self/peer/teacher assessed writing.		
Officiating	Officiate the Game with help by staff	To be able to officiate the Game correctly using the correct signals, comments, scoring and techniques.	Use the correct signals. Use the arms and body movements to stop the action. Get in the right positions to make accurate decisions. Be f	Focus on the rules regarding shooting	👁 Assess what skills need to improve when officiating	R+ Demonstrate traits that we can build or strengthen.			
Cool Down	The 2 students chosen to lead the cool down do so	To understand why you Cool Down and do rhythmical movement after exercise	- listen to and follow instructions of those leading the cool down - complete exercises and stretches	↑ Ask pupils questions why a Cool down is essential after exercise	Ask students for feedback regarding their performances	Pupils create a new cool down for shooting and rebounding			
Active lifestyle & Social Guidance		What is a good role model to young participants							
Equipment		Half and Full Netball court, Netballs, Posts , Cones / Markers, Bibs, Whistle, Stopwatch, Whiteboards, Video camera, Wipe pens, Digital camera, Laptop, Peer evaluation sheets,							
Healthy Lifestyles and well being		Why are carbohydrates important for energy?							