

Westhoughton High School
Netball Lesson sequence order

1: Passing 2: Footwork 3: Attacking 4: Defending 5: Game play -Tactics and officiating

<u>Year 7</u>	<u>Year 8</u>	<u>Year 9</u>	<u>KS4</u>
<p style="text-align: center;">Passing</p> <p>PE-Perform the correct technique for a chest, shoulder and bounce pass in an isolated practice. 1</p> <p>Sport-select the passess appropriately in a conditioned game.2</p> <p>Health- Health- Know the consequences of a sedentary lifestyle Know the short-term effects of exercise on heart rate and breathing rate 3</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication 4</p>	<p style="text-align: center;">Passing</p> <p>PE- Perform passes with the correct technique 1</p> <p>Sport-be able to select the most appropriate pass in a game situation.2</p> <p>Health- Know the consequences of a sedentary lifestyle Know the short term effects of exercise on heart rate and breathing rate and muscles 3</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication 4</p>	<p style="text-align: center;">Passing</p> <p>PE-Perform a range of passes at different speeds and over different distances. 1</p> <p>Sport-Use a range of passes and select the most appropriate pass in a pressured situation. Pass the ball into space. 2</p> <p>Health- Know the consequences of a sedentary lifestyle</p> <p>Know the short term effects of exercise on heart rate and breathing rate and muscles</p> <p>Know how the respiratory and cardiovascular system work together.</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication 4</p>	<p style="text-align: center;">Passing</p> <p>PE-Perform a range of passes at different speeds and distances 1</p> <p>Sport-Perform a range of passes and be able to recognise the most appropriate direction of a pass in a competitive situation depending on the movement of the opposing team.2</p> <p>Health- Know the consequences of a sendentary lifestyle</p> <p>Know the short term effects of exercise on heart rate and breathing rate and muscles</p> <p>Know how the respiratory and cardiovascular system work together and the changes during exercise 3</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication 4</p>

<p>Footwork</p> <p>PE-Perform the correct technique of footwork in an isolated practice and in small pressured situations-1,2</p> <p>Sport- Be able to apply one,two and two footed landing into a conditioned game.Follow the footwork rule</p> <p>Health- Know the consequences of a sedentary lifestyle Know the short-term effects of exercise on heart rate and breathing rate 3</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication 4</p>	<p>Footwork</p> <p>PE-One foot, both feet together and pivoting in small-sided games. 1,2</p> <p>Sport-Be turn using the pivot to make the right pass to the right player. Identify when footwork has been broken</p> <p>Health- Know the consequences of a sedentary lifestyle Know the short term effects of exercise on heart rate and breathing rate and muscles 3</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication 4</p>	<p>Footwork</p> <p>PE-Perform the correct footwork techniques such as pivot, turn in the air and running pass.</p> <p>Demonstrate the ability to land correctly in pressured situations</p> <p>Sport-Umpire with the correct hand signal and pull up for football</p> <p>Health- Know the consequences of a sedentary lifestyle</p> <p>Know the short term effects of exercise on heart rate and breathing rate and muscles</p> <p>Know how the respiratory and cardiovascular system work together.</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication 4</p>	<p>Footwork</p> <p>PE-Applying the most suitable landing position in a game situation which would benefit the next play.1,2</p> <p>Health- Know the consequences of a sedentary lifestyle Know the short term effects of exercise on heart rate and breathing rate and muscles</p> <p>Know how the respiratory and cardiovascular system work together and the changes during exercise 3</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication 4</p>
<p>Attacking</p> <p>PE-Perform the drive and the</p>	<p>Attacking</p> <p>PE-Able to create space in a pressure</p>	<p>Attacking</p> <p>PE-Be ble to execute the drive, cut and</p>	<p>Attacking</p> <p>PE-Perfrom the drive, drag, reverse pivot</p>

<p>dodge 1</p> <p>Sport-Movement off the ball to support a teammate in an isolated drill e.g. dodge and drive 2</p> <p>Health- Know the consequences of a sedentary lifestyle Know the short-term effects of exercise on heart rate and breathing rate 3</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication 4</p>	<p>of a competitive defender in a 1x1 situation e.g. dodging, cutting and drag.1</p> <p>Sport-Be able to select which techniques to apply 2</p> <p>Health- Know the consequences of a sedentary lifestyle Know the short term effects of exercise on heart rate and breathing rate and muscles 3</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication 4</p>	<p>dodge. 1</p> <p>Sport-Outwitting your opponent to create space in a pressured competitive situation by using a variety of techniques drive, cut, dodge and apply them into center starts such as the wide and the spilt,2</p> <p>Health- Know the consequences of a sedentary lifestyle</p> <p>Know the short term effects of exercise on heart rate and breathing rate and muscles</p> <p>Know how the respiratory and cardiovascular system work together.</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication 4</p>	<p>and roll and shoot 1</p> <p>SportApplies a variety of techniques to get free and can apply the techniques with the right timing. Can anticipate the movement of their teammate. 2</p> <p>Health- Know the consequences of a sedentary lifestyle</p> <p>Know the short term effects of exercise on heart rate and breathing rate and muscles</p> <p>Know how the respiratory and cardiovascular system work together and the changes during exercise 3</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication 4</p>
<p>Defending PE-Perform the correct technique for defending for the player with and without the ball e.g. a meter away and arms marking the ball in an isolated practice 1,2</p>	<p>Defending PE-Be able to mark the player with and without the ball in a pressured situation. 1</p> <p>Sport-Know when to switch between the defensive strategies 1</p>	<p>Defending PE- Be able to perform the reach, intercept, mark and block 1</p> <p>Sport-Demonstrate the ability to mark the player with and without the ball effectively and be</p>	<p>Defending PE- Be able to perform the reach, intercept, mark and block and the lift to stop goals being scored in the circle.1</p> <p>Sport-Selecting the most appropriate defensive strategy</p>

<p>Sport-Apply the defensive marking into a conditioned game.</p> <p>Health- Know the consequences of a sedentary lifestyle Know the short-term effects of exercise on heart rate and breathing rate 3</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication 4</p>	<p>Health- Know the consequences of a sedentary lifestyle Know the short-term effects of exercise on heart rate and breathing rate and muscles 3</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication 4</p>	<p>able to apply the concept of blocking. 2</p> <p>Health- Know the consequences of a sedentary lifestyle</p> <p>Know the short-term effects of exercise on heart rate and breathing rate and muscles</p> <p>Know how the respiratory and cardiovascular system work together.</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication 4</p>	<p>to use in a game situation e.g. dropping back to double mark an opponent. 2</p> <p>Health- Know the consequences of a sedentary lifestyle</p> <p>Know the short-term effects of exercise on heart rate and breathing rate and muscles</p> <p>Know how the respiratory and cardiovascular system work together and the changes during exercise 3</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication 4</p>
<p>Game play</p> <p>Recognise the 7 positions in netball and where they are allowed.</p> <p>Follow the rules 1,2,3</p> <p>Health- Know the consequences of a sedentary lifestyle Know the short-term effects of exercise on heart rate and breathing rate 3</p>	<p>Game play</p> <p>Recognise when a player has broken a rule and be able to follow the umpires instructions. Recognise when a player is offside.1,2</p> <p>Health- Know the consequences of a sedentary lifestyle Know the short-term effects of exercise on heart rate and breathing rate and</p>	<p>Game play</p> <p>Umpiring and identifying when a rule is broken. 1.2</p> <p>Health- Know the consequences of a sedentary lifestyle</p> <p>Know the short-term effects of exercise on heart rate and breathing rate and muscles</p>	<p>Game play</p> <p>Understanding the sanctions when a rule is broken in a game situation and apply the correct hand signals 1,2,</p> <p>Health- Know the consequences of a sedentary lifestyle</p> <p>Know the short-term effects of exercise on heart rate and</p>

<p>Character- Teamwork and fair play, Confidence, Resilience, Communication 4</p>	<p>muscles 3</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication 4</p>	<p>Know how the respiratory and cardiovascular system work together.</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication 4</p>	<p>breathing rate and muscles</p> <p>Know how the respiratory and cardiovascular system work together and the changes during exercise 3</p> <p>Character- Teamwork and fair play, Confidence, Resilience, Communication 4</p>
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Key concepts: (referenced by a number above for lessons)

These will be taught through netball and have been referenced in the curriculum map. The knowledge in these 3 areas will develop over time.

1. PE-**Motor competence**- students will develop coordination (hand-eye and foot-eye) in order to pass, land, move, defend, shoot and move into space.
2. Sport-**Rules, strategies & tactics**- students will develop an understanding of the rules in netball, apply strategies to outwit an opponent, attack and defend as a team and use tactics and formations to perform better as a team.
3. Health-**Healthy participation**- students will develop their aerobic endurance, speed and agility through participating in netball. Lessons will increase HR in the ST and this will have a positive impact on health in the LT. For some students participation in lessons will encourage students to attend extra curricular clubs at school and even play netball outside of school. They will complete SENECA homework that will develop their knowledge and understanding of how the body responds to exercise. They will explore the following topics-
- 4: Character- Teamwork and fair play, Confidence, Resilience, Communication