

<b>Lesson</b>	Subject: <b>Netball</b>	Year: <b>8</b>	Group:	Total No.:	M:	F:
	Lesson: <b>Shooting - One hand</b>	Ability:	Period:	SEN:		
		Duration:	w/c			

**Objectives:** To clearly know and understand how to, and why we shoot in Netball, and the different types of shooting found in Netball.  
 To be able to perform the One Handed shot and Re-bounding  
 To clearly know and understand how to, and why we Re-bound in Netball

Activity	Description	Objectives	Teaching Points	Evaluation / Performance	Differentiation and Creativity
<b>Student Warm Up</b>	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	Observe pupils performances	① Ask students how they could make warm up easy / harder / intense
<b>Student Stretches</b>	Students arranged in a circle. Students lead through series of stretches	To understand the importance of stretching at the start of the session. To be able to demonstrate stretches relevant to Netball	- Hold stretches for 8 seconds. - No bouncing.	<b>Q &amp; A</b> on benefits of stretching and their warm ups	⬆️ Get pupils to incorporate stretching with Ball
<b>Shooting - One hand</b>	1. In pairs A shoots 1 / 2 or 3 m away from goalposts using one handed shot Partners are stationary defs. 2. Drop 6 cones in D. Place 1 outside. In pairs A Starts at cone outside D. A sprints to a cone receiving a pass from B who is under post. A shoots sprints around cone outside D and then sprints to a different cone. B adds pressure	To clearly know and understand how to, and why we shoot in Netball, and the different types of shooting found in Netball. To be able to perform the One Handed shot and Re-bounding To clearly know and understand how to, and why we Re-bound in Netball. To understand and know how to perform this One Handed shot and Re-bounding in Netball To be able to critically evaluating how well the shooting has been and to be able to find ways to improve their shooting	- shooting foot forward - weight on back foot - ball on fingertips and not in palm with elbow bent and hand under ball - position ball at head height - look at rim - guide ball with index finger - Shoot ball with arm until straight and release the ball just before full extension - flick ball with wrist and fingers - ball should travel in high arc - transfer weight on the front foot	Peer evaluation sessions – Pupils state strength and weaknesses of one handed Shooting performances.  <i>M/C</i> - Analyse strength and weaknesses in performances <i>M/C</i> – Pupils analyse tactics and strategies used <i>M/C</i> - Evaluate performances of outwitting opponents	⬆️ add semi active or fully active defender ⬆️ Use weak / non – dominant hand to shoot ⬆️ keep increasing distances. ⬆️ how many do they score in a minute with a working defender
<b>Games</b>	5 V 5 Games with goals - Discuss teaching points used to beat / outwit opponent in games - Discuss the skills used to beat / outwit an opponent in games - Discuss the skills used to gain ascendancy in games - Discuss the tactics used to outwit teams within games	To understand the rules regarding shooting and defending within Netball. To incorporate shooting into small sided games To be able to explore and experiment with techniques to produce efficient and effective skills and shots within small sided games	- They cannot go out of court in contact with the ball. - No contact allowed - Must play within laws - Use a range of passing, dodging and skills to advance and keep possession	- Evaluate shooting within the games <i>M/C</i> - Analyse strength and weaknesses in Attack and Defence <i>M/C</i> – Pupils analyse tactics and strategies used in Attack and Defence <i>M/C</i> - Evaluate performances of outwitting opponents in Attack and Defence	⬆️ <b>DOUBLE PTS FOR ONE HANDED SHOTS</b> ⚡ - Discuss the influential strategies and tactics used to beat opponents

<b>Cool Down</b>	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 students for feedback regarding their performances	⬆ Ask pupils questions why a Cool down is essential after exercise
<b>Informed Choices and Lifestyle</b>	Discuss how by joining a Netball club it can change a person's lifestyle Highlight any Netball clubs within school and any upcoming fixtures Identify any upcoming international Netball fixtures and tournaments with times, dates, venues and even TV channels clubs State and highlight all the Netball clubs locally in the area that have junior development teams and practices				
<b>Equipment</b>	Half and Full Netball court, Netballs, Posts, Cones / Markers, Bibs, Whistle, Stopwatch, Peer evaluation sheets				

ICT	Assessment	Citizenship	Peer Evaluation	Literacy	Numeracy	Pupil planning		
Analysis of perf.	Evaluation	Feedback	Q & A	Mathematics	Art	English	Science	Technology

**Comments / Notes:**

**HEALTH AND SAFETY THROUGHOUT THIS LESSON**

- Tell the students that they must remove all jewellery - Always - check the working areas and equipment used with the session is safe to use  
 - Stretch muscles thoroughly - Tell them not to kick the balls - Must always keep eyes on ball - NO CONTACT  
 Don't swing on, move, or misbehave near the goalposts at ALL TIMES - Clearly instruct that the pupils must keep their heads up and eyes open at all times. - Gum-shields can be worn.

**ADDITIONAL COMMENTS FOR LESSON, SCHEME AND PLANNING DEVELOPMENT**

<b>Competence</b>	<b>Performance</b>	<b>Creativity</b>	<b>Health and Active Lifestyle</b>
<b>Developing Skills</b>	<b>Making and Applying</b>	<b>Physical and Mental Capacity</b>	<b>Evaluating and Improving</b>