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


Unit aim	To become more competent and confident in core and advanced skills when performing sequences.				
Lesson outcomes	Footwork	Passing and receiving – Chest pass	Passing and receiving – Shoulder pass	Moving into space – Basic dodging and marking	Moving into space – Varying dodges
Intended Knowledge	<p>Students will know how to:</p> <p>Perform correct footwork.</p> <p>The importance of being able to pivot with the ball.</p> <p>What happens if you break the footwork rule in a game.</p> <p>Students will know that: Correct footwork is when a player receives a ball the landing foot cannot be moved, other than to pivot on the spot, whilst the other foot can be moved in any direction.</p>	<p>Students will know how to:</p> <p>Perform the chest pass.</p> <p>When to use a chest pass.</p> <p>The distance rule when marking a player with the ball.</p> <p>Students will know that: A chest pass is used over a short distance for a fast, accurate pass.</p>	<p>Students will know how to:</p> <p>Perform a shoulder pass.</p> <p>When to use a shoulder pass.</p> <p>The side-line pass rule.</p> <p>Students will know that: A shoulder pass is used over a longer distance.</p>	<p>Students will know to:</p> <p>Perform a sprint dodge.</p> <p>Correct marking technique for an attacker without the ball.</p>	<p>Students will know how to:</p> <p>Perform a sprint dodge.</p> <p>Perform a variety of additional dodges.</p> <p>Correct marking technique for an attacker without the ball.</p>
Prior knowledge	<p>Students will already have a basic understanding of how to move the ball around the court and keep possession with their team from playing Benchball.</p>	<p>Students will already have a basic understanding of how to move the ball around the court and keep possession with their team.</p> <p>Students will already need to know the footwork rule.</p>	<p>Students will already have a basic understanding of how to move the ball around the court and keep possession with their team.</p> <p>Students will already need to know the footwork rule.</p>	<p>Students will already have a basic understanding of how to move the ball around the court and keep possession with their team.</p> <p>Students will already need to know the footwork rule.</p>	<p>Students will already have a basic understanding of how to move the ball around the court and keep possession with their team.</p> <p>Students will already need to know the footwork rule.</p>

Lesson 1			
Do now 	Why		
Teacher exposition (I do) 	<ul style="list-style-type: none"> Keep your eyes firmly fixed on the ball until you catch it. Jump to receive the ball and land on one foot. Bring the ball into your body to protect it. Pivot by rotating yourself on the ball of your landing foot. Make sure the hip of your pivoting leg is pointing in the direction you are aiming to pass the ball in. You can move or step with the other foot any number of times. You are not allowed to lift the foot you are pivoting on before you release the ball. 		
Learning task (We do / you do) 			
Practice - <ul style="list-style-type: none"> In pairs – 3 metres apart One holds the ball high in one hand Their partner runs towards the ball and jumps to take the ball Land with correct footwork Give the ball to partner and repeat. Swap roles 		Application <ul style="list-style-type: none"> Two teams 4 v 2 Team of 4 to make 10 consecutive passes without the other team intercepting. If team of 2 intercept start from zero again. <p>If a player uses incorrect footwork the number of passes goes back to zero again.</p>	
Responsive adaptations 	Developing <ul style="list-style-type: none"> Ball remains static on receiving Make sure ball is fully controlled and body is still before pivoting 	Securing <ul style="list-style-type: none"> Move towards the ball to receive Send the ball to different heights 	Mastering <ul style="list-style-type: none"> Start facing the wall before running to partner. Receive the ball from any direction. Always land on the same or both feet
Progress check questions 	<ul style="list-style-type: none"> Describe the footwork rule? Why should you jump when receiving the ball? What happens if you land with both feet at the same time? When jumping for the ball what is more important power or coordination? 		
Errors or misconceptions to look out for 	<ul style="list-style-type: none"> Incorrect footwork – Not knowing what foot they have landed on. Pivoting on the wrong foot. Taking an extra step 		

Lesson 2			
Do now 	What different types of passes can you use in a game?		
Teacher exposition (I do) 	<ul style="list-style-type: none">• Ball should be released at chest height.• Fingers spread around the ball in W shape.• Elbows tucked in (no chicken wings)• Transfer weight forward and push the ball.• Extend and follow through with arms, wrists and fingers. <p>Path of ball should flat and fast.</p>		
Learning task (We do / you do) 			
Practice - <ul style="list-style-type: none">• In pairs one ball• Facing partner• Pass the ball between yourself and partner• Start close gradually getting further apart as passes are successful• Add challenges eg. Number of accurate passes without dropping the ball.		Application <ul style="list-style-type: none">• Two teams• 4 v 2• Team of 4 to make 10 consecutive passes without the other team intercepting.• If team of 2 intercept start from zero again.• Only use chest passes <p>If footwork is incorrect the score starts from zero.</p>	
Responsive adaptations 	Developing <ul style="list-style-type: none">• Close to partner• Make sure ball is fully controlled and body is still before pivoting	Securing <ul style="list-style-type: none">• Gradually moving away from partner to throw further• Move towards the ball to receive encouraging correct footwork	Mastering <ul style="list-style-type: none">• Start facing the wall before running to partner.• Receive the ball from any direction.
Progress check questions 	<ul style="list-style-type: none">• When would you use the chest pass• Describe the chest pass technique• What is more important in a chest pass – power or coordination?		
Errors or misconceptions to look out for 	<ul style="list-style-type: none">• Using the palms of the hands rather than elbows, wrists and fingers to create power.• Not getting full extension on fingers when releasing the ball.• Looping the ball rather than flat and fast.• Using the chest pass to get the ball over a long distance.		

Lesson 3			
Do now 	When and why would you use a Chest pass in a game.		
Teacher exposition (I do) 	<ul style="list-style-type: none">• Spread your hands around the ball in a 'W' shaped position• Place the ball above your head and slightly bend your elbows but keep them close to your body• The ball should be in line with the centre of your body• Step forward with either leg, usually your most dominant, and push through with the ball transferring your body weight forward as you push through <p>Your hands and fingers should be pointing towards the direction you want the ball to go</p>		
Learning task (We do / you do) 			
<i>Practice -</i> <ul style="list-style-type: none">• 2 v 1 in a long narrow court.• 5 passes without interception = 1 point• If the ball is intercepted the 1 player swaps into the 2		<i>Application</i> <ul style="list-style-type: none">• 6 v 6 line ball in half Netball court.• Pupils encouraged to use the 2 different types of passes.• Chest pass for accuracy and fast control Overhead pass over long distance getting it down court etc	
Responsive adaptations 	Developing <ul style="list-style-type: none">• Close to partner• Practice throwing the ball to the wall to encourage use of power.• Work in twos without defender.• Make the playing area bigger	Securing <ul style="list-style-type: none">• Gradually increase the size of the playing area.• Encourage power on the ball should be delivered fast and high.	Mastering <ul style="list-style-type: none">• Make the area smaller• Try to begin creating space behind to back as the ball comes over.
Progress check questions 	<ul style="list-style-type: none">• When would you use the overhead pass• Describe the overhead pass technique• What is more important in a overhead pass – power or coordination?		
Errors or misconceptions to look out for 	<ul style="list-style-type: none">• Trying to get all the power of the throw from their arms, not transferring weight• Looping the ball high		

Lesson 4			
Do now 	What would affect your choice of pass in a game?		
Teacher exposition (I do) 	<p>Sprint dodge</p> <ul style="list-style-type: none"> On toes, aware and ready Sprint into space Use lead arm to show where you want the ball Receive ball in space, land balanced. <p>Marking</p> <ul style="list-style-type: none"> Be netball ready in front of the attacker making sure you are ball side. On your toes, slightly bent knees and ready to catch or intercept a ball Keep close to your opponent Take on a side approach so you can see the attacker and also the ball 		
Learning task (We do / you do)			
<p><i>Practice -</i></p> <ul style="list-style-type: none"> In 4s – Feeder, Attacker, defender and coach (later to defend the feeder) Change roles. 		<p><i>Application</i></p> <ul style="list-style-type: none"> Two teams 4 v 4 Each player marks a specific player from the other team Half a netball court with target squares in each corner. Teams must create 5 passes between players before they can score by passing the ball into a corner. <p>To score again they need to go to a different corner.</p>	
Responsive adaptations 	Developing <ul style="list-style-type: none"> Take away defenders 	Securing <ul style="list-style-type: none"> Encourage correct footwork Slowly introduce more active defenders. 	Mastering <ul style="list-style-type: none"> Insist on correct footwork Active defenders for feeder and attacker. Attempt different types of dodges to get away from the defender.
Progress check questions 			
Errors or misconceptions to look out for 	<ul style="list-style-type: none"> Attackers panic and move back behind defender rather than sprinting into a space. Attacks use the wrong hand to show where they want the ball. Ball is fed to where the attacker is rather than where they are moving to. 		

Lesson 5			
Do now 	How do you move to get away from a defender?		
Teacher exposition (I do) 	<p>Feint dodge</p> <ul style="list-style-type: none"> On toes, aware and ready Drop shoulder pretending to go one way Sprint into space in the opposite direction <p>Double dodge</p> <ul style="list-style-type: none"> On toes, ready to move and signal Drop shoulder one way then the other, (Double drop) Sprint into space <p>The roll off</p> <ul style="list-style-type: none"> On toes, ready to move and signal Go to run one way then Turn away from defender, sprint into space 		
Learning task (We do / you do)			
<p><i>Practice -</i></p> <ul style="list-style-type: none"> In 4s – Feeder, Attacker, defender and coach (later to defend the feeder) Change roles. 		<p><i>Application</i></p> <ul style="list-style-type: none"> Two teams 8 v 8 Line ball <p>Extra points given by umpire for using different dodges.</p>	
Responsive adaptations 	Developing <ul style="list-style-type: none"> Recap over sprint dodge Take away defenders 	Securing <ul style="list-style-type: none"> Encourage correct footwork Slowly introduce more active defenders. 	Mastering <ul style="list-style-type: none"> Insist on correct footwork Active defenders for feeder and attacker. Vary dodges to outwit the defender.
Progress check questions 			
Errors or misconceptions to look out for 	<ul style="list-style-type: none"> Attackers panic and move back behind defender rather than sprinting into a space. Attacks use the wrong hand to show where they want the ball. Ball is fed to where the attacker is rather than where they are moving to. 		

