

NC Subject: PHYSICAL EDUCATION	Yrs: 6	General aims: to improve throwing and catching skills in relation to the invasion game of netball.
Topic: THROWING AND CATCHING (NETBALL)	Weeks: 7	

Weeks	Learning Objectives	P.O.S.	Resources	Activity
1	<p>Revising throwing catching passing</p> <ul style="list-style-type: none"> - to revise the skills of throwing, catching and passing accurately. - to participate in a game of Hoopball. 	1a, 1b, 1c, Eng (S+L) 1a, 2a, 2b	Coloured bands, netballs, hoops, cones	<p>Warm-up - sun and frost. Stretch muscles.</p> <p>Skill practise - 3's quick accurate passes. Inc. distance.</p> <p>Catching ball correctly - cushioning.</p> <p>Pushing the ball away.</p> <p>Piggy-in-the-middle - 3's.</p> <p>How many good throws in 30 seconds?</p> <p>Hoopball - small sided game with hoops (5v5). Look for good, accurate passing, use of space and positional play.</p> <p>Cool down - slow breathing/stretching. Discuss session.</p>
2	<p>Throwing Catching Passing</p> <ul style="list-style-type: none"> - to decide when to use each type of pass. - to build on existing skills. - to participate in game of Corner ball. 	1a, 1b, 1c, Eng (S+L) 1a, 2a, 2b	Coloured bands, netballs, hoops, cones	<p>Warm-up - side stepping - change direction on whistle.</p> <p>Stretch muscles.</p> <p>Skill practise - throw ball into air, catch practise landing on diff feet and pivoting. 2's - face partner. A moves either forward or side. B decides the best pass to make. 4's- A--B--C--D. Practise landing and pivoting. Same as above but move to sides as previous person throws ball.</p> <p>Corner Ball - stress importance of turning with ball.</p>
3	<p>Footwork</p> <ul style="list-style-type: none"> - to improve landing and pivoting skills. - to use these skills in a game of Corner ball. 	1a, 1b, 1c, Eng (S+L) 1a, 2a, 2b	Coloured bands, netballs, hoops, cones	<p>Warm-up - shuttle run. Stretch muscles.</p> <p>Skill practise - run - on whistle jump in air and land on one foot -shout 1 then 2 as second foot touches floor. Change round. Both feet.</p> <p>Pivoting - same as above but keep 1 on floor and move direction with foot 2.</p> <p>Turning - run, jump, turn in air to face diff direction. Sprint back to starting point.</p> <p>Corner ball - great emphasis on footwork. Call all footwork faults to attention. Use of space. Positional play introduced more.</p>

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4 Shooting	<ul style="list-style-type: none"> - to improve accuracy of shooting in a game situation. - to participate in a game of mini-netball. 	1a, 1b, 1c, Eng (S+L) 1a, 2a, 2b	Coloured bands, netballs, hoops, goal posts	<p>Warm-up - jog, on whistle jump, land and pivot to face opposite direction. Repeat. Stretch muscles.</p> <p>Skill practise - 2's - 1 has shot on net. 5 goes. 3 pts if goes in, missing ring. 2 if hits rim and goes in, 1pt if hits rim but misses goal. Change over. Repeat but partner can jump to put partner off. 3's - defender, thrower and shooter. 4's - rotate.</p> <p>Mini-netball - gives points for hitting rim. Positional.</p>
5 Attacking Skills	<ul style="list-style-type: none"> - to improve the skills of attacking in an invasion game. - to participate in a game of mini-netball. 	1a, 1b, 1c, Eng (S+L) 1a, 2a, 2b	Coloured bands, netballs, hoops, goal posts	<p>Warm-up - cat and mouse. Stretch muscles.</p> <p>Skill practise - 3's - weave in and out of markers in line. Push off ground to change direction. 6's - thrower throws to each player in line behind each other. Each must move to receive pass in diff. way (feint, dodge, etc). 4v2 - 4 attackers 2 defenders. 6 passes. As improve change to 3v3.</p> <p>Mini-netball - Emphasis on attacking skills. Positional.</p>
6 Defence	<ul style="list-style-type: none"> - to improve the skills of defending in an invasion game. - to participate in a game of mini-netball. 	1a, 1b, 1c, Eng (S+L) 1a, 2a, 2b	Coloured bands, netballs, hoops, goal posts	<p>Warm-up - pairs - dodging partner. Stretch muscles.</p> <p>Skill practise - 3's - thrower, attacker, defender. A moves in one direction only. Add dir. Interceptions - 2 throwers pass to each other, others intercept passes. 2's - defending against a shooter. Rebounds. 3v3 - defenders score 2pts if intercept, 1pt if touch ball. Change over.</p> <p>Mini-netball - Emphasis on defending skills. Positional.</p>
7 Playing The Game	<ul style="list-style-type: none"> - to participate in a full rule game of netball. 	1a, 1b, 1c, Eng (S+L) 1a, 2a, 2b	Coloured bands, netballs, hoops, goal posts	<p>Warm-up - tag game. Stretch muscles.</p> <p>Skill practise - discuss all skills developed over past few weeks.</p> <p>Split class into teams. Play tournament.</p>