

Learning intentions	Success criteria	RULES:
To be able to demonstrate a range of different passes.	Use a variety of chest, bounce and shoulder passes to successfully pass the ball.	Footwork, stepping, landing and pivoting No contact Offside – when player enters area of court not permitted by that position. Obstruction – not maintaining 3ft from opponent with the ball.
To mark an opponent with and without the ball.	Opponent with ball – mark 3ft away. Opponent without ball – closely mark throughout area.	Kit St Ivo Hoody St Ivo Top Skort St Ivo socks Trainers
To understand the different positions in netball.	Know the playing areas for each position.	
Skills		
Passing (chest pass/bounce pass/shoulder pass)	<ul style="list-style-type: none"> Balance body weight. Step into the pass. Follow through. 	STRETCH AND CHALLENGE Passing on the move. Evaluation of own performance – strengths and weaknesses.
Marking/Defending	<ul style="list-style-type: none"> Hands follow ball. Maintain 3ft distance from opponent with ball. Side on marking. 	
Game Play (positions)	<ul style="list-style-type: none"> 7 players on each team. Breakdown of court into playing areas for each position. 	LINKS TO WIDER CURRICULUM Anatomy and physiology: name the bones and muscles used in the arms for passing. Humerus, radius, ulna, triceps, biceps.

KEY WORDS

Agility – Ability to change direction at speed

Coordination – Using two or more body parts at one time

Attack – working as a team, moving forward to the opponents goal

Defence – preventing the opposition moving towards your goal



Learning intentions	Success criteria
To adjust landing position before passing the ball.	Identify landing foot and use pivoting to change direction before passing.
To successfully use dodging to outmanoeuvre an opponent.	Demonstrate use of both feint and sprint dodge.
To successfully shoot in a game situation.	Can consistently demonstrate correct technique with accuracy.

Skills	
Landing	<ul style="list-style-type: none"> Keep landing foot on the floor. Use second foot to pivot to desired direction. If landing on both feet, chose appropriate foot to pivot.
Dodging	<ul style="list-style-type: none"> Keep on toes for agility. Commit to dodge. Use arms to signal for ball.
Shooting	<ul style="list-style-type: none"> Balanced weight. Bend in knees and elbows. Ball above head. Extend arms and flick wrist.

RULES:

Footwork, stepping, landing and pivoting
No contact
Offside – when player enters area of court not permitted by that position.
Held ball – when a player holds the ball for longer than three seconds.

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STRETCH AND CHALLENGE

Changing direction in the air when receiving a pass.

Evaluation of own performance – strengths and weaknesses.

LINKS TO WIDER CURRICULUM

Anatomy and physiology: name the bones and muscles used in the legs for dodging.
Femur, tibia, fibula, patella, gastrocnemius, hamstring and quadriceps.

KEY WORDS

Agility – Ability to change direction at speed

Interception – Catching/stopping an opponent's pass.

Dodging – a deceptive change in direction to move away from a defender.



Learning intentions	Success criteria
To demonstrate appropriate passes to outwit an opponent.	Can effectively feed the attacking D. Create space for themselves and team mates to receive the ball.
To understand and demonstrate differing set plays.	Can work together with teammates using a set play to outwit opponents.
To demonstrate umpiring skills in a whole court game.	Can identify key rules and enforce consequences whilst accurately keeping score.

Skills	
Set plays	<ul style="list-style-type: none"> Design patterns of play for the following situations: centre pass, back line, side line.
Umpiring	<ul style="list-style-type: none"> Effective use of whistle and hand signals. Using correct method to record score and centre pass.

RULES:

Footwork, stepping, landing and pivoting
No contact
Offside – when player enters area of court not permitted by that position.
Obstruction – not maintaining 3ft from opponent with the ball.

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STRETCH AND CHALLENGE

Lead in the creation of effective set plays.

Students to be asked to take part in a umpiring capacity to further the understanding and application of the rules in netball.

LINKS TO WIDER CURRICULUM

Components of fitness: Cardiovascular endurance, power, speed, strength and flexibility.

Greater focus on content which relates to GCSE PE.

KEY WORDS

Pivoting – Rotating body on the ball of landing foot.

Interception – Catching/stopping an opponent's pass.

Umpire – An official who enforces the rules and ensures fair play.

Set play – A pre-planned manoeuvre between team mates to gain an advantage over the opposition.

