



in conjunction with



Skills for Life: Netball (KS2)

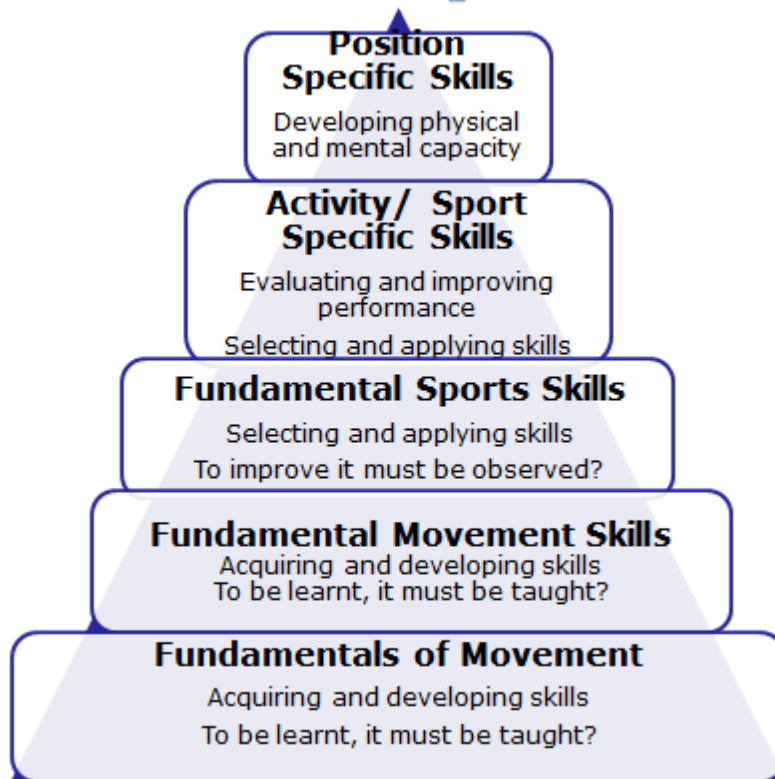
Progressive child development through FOM, FMS, FMS will ensure every child has the opportunity to reach their full potential contributing to a healthy lifestyle and a solid foundation for participation in any sport (SSS, PSS).

This course activates the neurological functions thus stimulating pathways in the brain improving fine and gross motor skills which in turn improves curriculum learning.

Contents

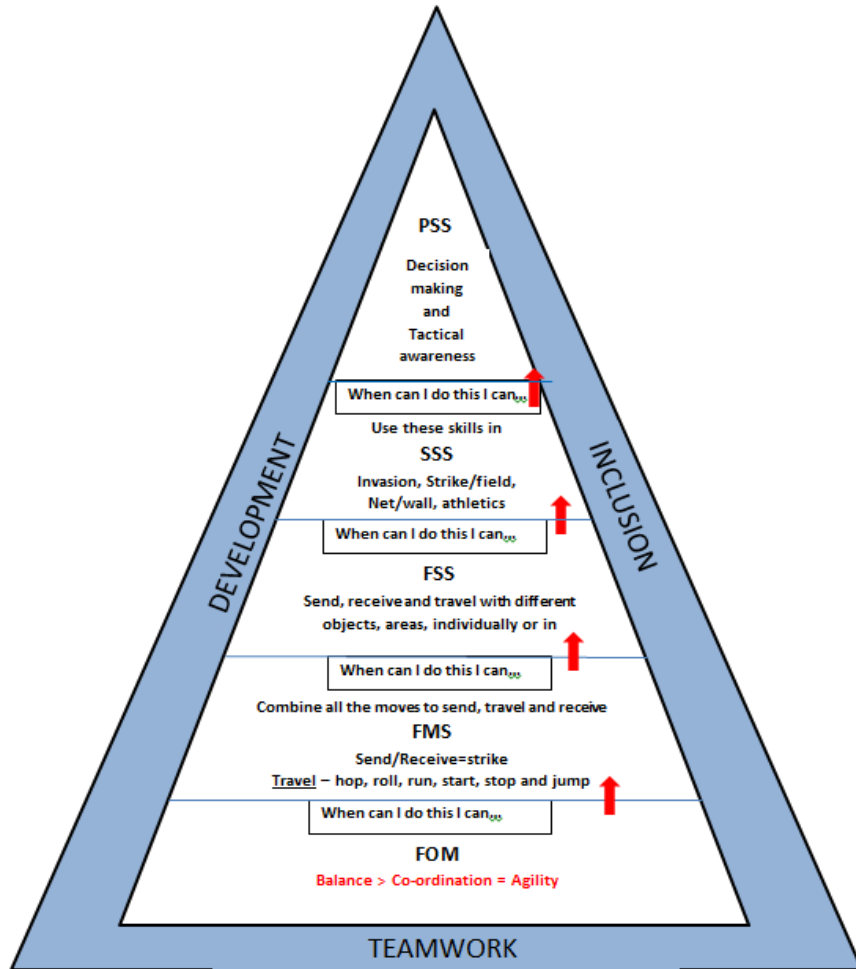
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Multi Skill Approach



PSS	Upper Key Stage 2 Year 5 -6
SSS	Upper Key Stage 2 Year 5 -6
FSS	Lower Key Stage 2 Year 3 - 4
FMS	Key Stage 1 Year 1 - 2
FOM	Foundation Stage Year Reception

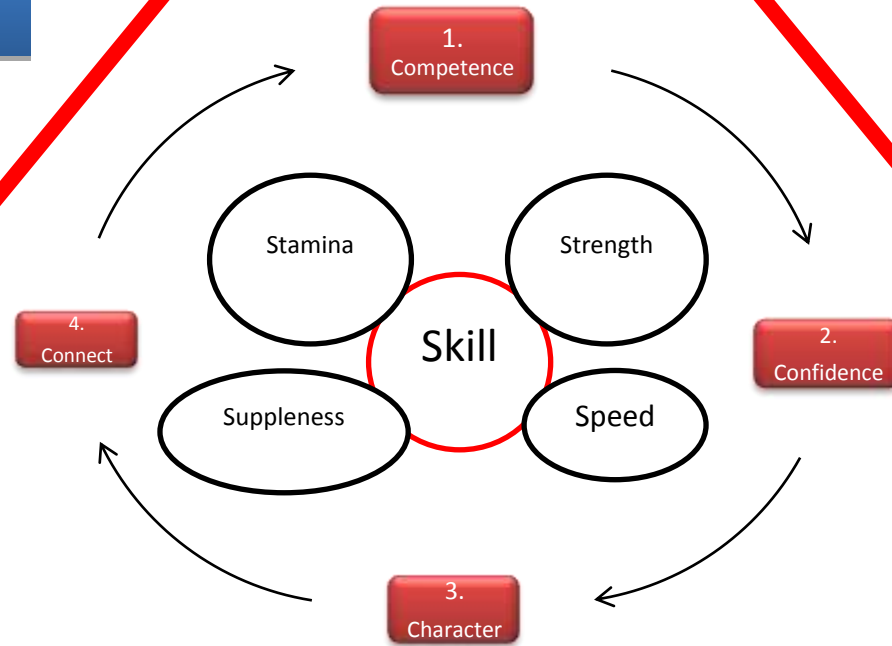
Multi Skills Matrix



Stage	Recommended Sports	Year Group
PSS	<ul style="list-style-type: none"> Specific Sports Team Sports School Sports Teams 	Upper Key Stage 2 Year 5 - 6
SSS	<ul style="list-style-type: none"> Football Tag Rugby Rounders Athletics Netball Handball 	Upper Key Stage 2 Year 5 - 6
FSS	<ul style="list-style-type: none"> Hockey Basketball Cricket Gymnastics Handball Football 	Lower Key Stage 2 Year 3 - 4
FMS	<ul style="list-style-type: none"> Gymnastics Creative Movement Agility & Travel Athletics Tennis Hockey 	Key Stage 1 Year 1 - 2
FOM	<ul style="list-style-type: none"> Gymnastics Dance Creative Movement Games Activities Balance Co-ordination 	Foundation Stage Year Reception

Creativity

Creativity



Creativity

Initial Assessment

Pass the Buck

Children to make a circle holding hands (no more than 7, if possible have 2 or more groups competing against each other):

- Place a ball in a child's left hand
- They must pass the ball to their right hand
- Using their right hand they must pass the ball to the next person's left hand (working anti-clockwise)
- This is repeated until back to the beginning when all the children sit down
- A person must only use the on correct hand to send and receive i.e. they must not take the ball from the person's right hand with their right hand it must go
 - LEFT – RIGHT – LEFT – RIGHT etc.
- Repeat the game but start with the right hand and go clock-wise
- To make more difficult get them to pass the ball around their body before passing it to the next person

Circle Hoop

Children to make a circle holding hands (no more than 7, if possible have 2 or more groups competing against each other):

- Children to hold hands at all times
- Place a hoop between two children's hands (continue to hold hands afterwards)
- Children must pass the hoop around the circle without breaking hands
- Children to send hoop clockwise and anticlockwise
- Make more difficult by adding another hoop

Cat Basket Relay

Children to be in small teams one behind each other:

- One at a time, each child tries to send a coloured bean bag to the corresponding coloured basket
- Work as relay until all the beanbags have been used
- Allocate points for each colour
- To make more difficult space the coloured baskets and different distances

Send, Send,Send (Australian pack)

- Teams to face each other each group has a crunched up paper ball
- On a signal players send their paper ball over a line in the direction of the opposite team
- After a set period, balls are counted to see who has the least balls

Balls Hoops

Spread the team out evenly between two hoops set at a reasonable distance. Children must be able to send a small tennis ball to each other but not so close as they can pass it, and not too far apart so as to make it too difficult to receive:

- Place a set number of balls in the first hoop with one child
- This child must send one ball at a time from child to child to the last hoop
- Winning team is the team with the most balls in the hoop or gets all of them in before the other teams

Relay Games

- Correct running technique

Speed Gate (Australian Pack)

- Send a ball through a gate (cones) to a wall or to a person in your team

Snakes Alive

- The first ball rolled becomes the head of the snake
- Players deliver one ball at a time, aiming to place each ball behind the previous ball
- The aim is to form the longest snake

Target Relay

- Gates are set up over a course
- Players in relay teams roll (send) the ball through the gates back to next team

Skills for Life:Netball - Key Stage 2 (Year 3 & 4) Mid Term Plan

Lesson No.	Learning Objectives	Expected Learning Outcomes
1	<ul style="list-style-type: none"> To be able to send different shape objects individually towards a target 	<ul style="list-style-type: none"> To use good sending skills
2	<ul style="list-style-type: none"> To be able to send a netball using a range of skills with increasing accuracy 	<ul style="list-style-type: none"> To use existing knowledge to help improve quality of their sending
3	<ul style="list-style-type: none"> To be able to receive a netball individually 	<ul style="list-style-type: none"> To use good receiving skills
4	<ul style="list-style-type: none"> To be able to send and receive a netball with improved accuracy 	<ul style="list-style-type: none"> To concentrate on control and accuracy when sending and receiving a netball
5	<ul style="list-style-type: none"> Develop the skills to receive a netball under control in different areas 	<ul style="list-style-type: none"> Understand the concept of tracking, and get in line with the netball to receive it
6	<ul style="list-style-type: none"> Use a range of skills that enable them to keep control of the ball when sending & receiving 	<ul style="list-style-type: none"> Demonstrate an awareness of how and where to send and receive the ball
7	<ul style="list-style-type: none"> To send & receive a netball whilst travelling 	To combine and improve the quality of their sending and receiving skills with their ability to link movement
8	<ul style="list-style-type: none"> Continue to send & receive the a netball keeping control whilst travelling 	<ul style="list-style-type: none"> Extend sending, receiving & travelling individually and with an partner/opponent
9	<ul style="list-style-type: none"> Develop awareness of partners/opponents within the area of play 	<ul style="list-style-type: none"> Recognise space in their games and use it to their advantage, planning where to stand to make it difficult for opponents
10	<ul style="list-style-type: none"> Move fluently, changing direction and speed easily and avoiding collisions 	<ul style="list-style-type: none"> Continue decision making about when and where to send the ball, and to be aware of others running and chasing
11	<ul style="list-style-type: none"> To be able to send a netball through a hoop to score a goal 	<ul style="list-style-type: none"> To aim and send a netball at a target accurately
12	<ul style="list-style-type: none"> To be able to apply sending and receiving skills in a game situation 	<ul style="list-style-type: none"> To apply sending, receiving & travelling skills in an opposed situation


Skills for Life: Netball - Key Stage 2 (Year 3 & 4) Lesson Plans

Date		Venue		Lesson No.	1
Numbers	30	Duration	45 minutes	Age Range	7 – 9 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Flat markers – one per child • Cones – two per child
Lesson Aims	<ul style="list-style-type: none"> • To be able to send a netball towards a target • To use good sending skills


Lesson Content		Timings	
Warm Up	<ul style="list-style-type: none"> Children to be explained the three positions below: <ul style="list-style-type: none"> Position 1 – feet together facing forwards and hands by their side standing straight Position 2 – feet shoulders width apart hands by their side standing straight Position 3 – feet shoulders width apart, left foot one step forwards hands by their side 	<ul style="list-style-type: none"> Travelling around the area implementing position 1 – 3 Ways of travelling Walking forwards & backwards <ul style="list-style-type: none"> Skipping Jogging Side steps Hopping Jumping 	5-7 minutes
Activities	<ul style="list-style-type: none"> Arrange the flat markers around the area Children to stand on a flat marker facing the teacher <p>Teacher to demonstrate Chest passing the ball to a target</p> <p>Chest Pass</p> <ul style="list-style-type: none"> Position 1 – standing feet together Position 2 – feet shoulder width apart Slide – from position 2 slide one foot slightly back Ball held at chest height Palms facing out Finger tips touching Pushing towards the target <ul style="list-style-type: none"> Children to practice chest passing the ball to a flat marker in front of them Begin with the spot at their feet Take a step back each time they hit the spot with the ball 	<p>Progression</p> <p>Battle Ships (Arrow = child, Red = cones)</p>  <ul style="list-style-type: none"> In pairs the children face each other with two cones at their feet Children take it in turns to chest pass the ball to the cone at their partners feet If they hit the cone the child adds it to their line of cones The aim is to win all of your partners cones Repeat once after all cones are won. 	30 minutes
Cool Down	<p>Can you show me....</p> <ul style="list-style-type: none"> Position 1 – feet together facing forwards and hands by their side standing straight Position 2 – feet shoulders width apart hands by their side standing straight Position 3 – feet shoulders width apart, left foot one step forwards hands by their side Children to jog around the area When a number is called by teacher children are to stop and demonstrate that position Slow down the pace after each position called until children are walking slowly. 		5 minutes

Date		Venue		Lesson No.	2
Numbers	30	Duration	45 minutes	Age Range	7 – 9 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Flat markers – one per child
Lesson Aims	<ul style="list-style-type: none"> • To be able to send a netball using a range of skills with increasing accuracy • To use existing knowledge to help improve quality of their sending


Lesson Content		Timings	
Warm Up	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> • Position 1 – feet together facing forwards and hands by their side standing straight • Position 2 – feet shoulders width apart hands by their side standing straight • Position 3 – feet shoulders width apart, left foot one step forwards hands by their side <p>Add the following positions:</p> <ul style="list-style-type: none"> • Position 4 – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position) • Position 5 – From position 4 feet to roll forwards on to balls of feet below your toes 	<p>Travelling around the area implementing position 1 -5</p> <ul style="list-style-type: none"> • Ways of travelling <ul style="list-style-type: none"> ○ Walking forwards & backwards ○ Skipping ○ Jogging ○ Side steps ○ Hopping ○ Jumping 	5-7 minutes
Activities	<p>Arrange the flat markers around the area</p> <ul style="list-style-type: none"> • Children to stand on a flat marker facing the teacher • Teacher to demonstrate the bounce pass to a target using a ball <p>Bounce pass</p> <ul style="list-style-type: none"> • Position 1 – standing feet together • Position 2 – feet shoulder width apart • Position 3 – Slide from position 2 slide one foot slightly back • Overhead – Ball held above or level to the head with arms slightly bent • Fingers pointing towards chest • Spring arms forwards to push the ball towards the ground <p>Children placed in pairs standing opposite one another with a flat marker in between them</p> <ul style="list-style-type: none"> • Children to practice sending the ball so that it bounces on a flat marker in front of them and their partner to receive the ball opposite • Take a step back each time they hit the spot with the ball 	<p>Children into groups of 4 Set up a game as below (Blue – flat marker, Ring – hoop)</p>  <p>Numbers indicate the points scored if the ball bounces in the hoop</p> <ul style="list-style-type: none"> • Children to line up behind the flat marker • Child at the front of the line stands on the blue marker and sends the ball so that it bounces in one of the hoops • One child to stand at the end of the hoops to receive the ball and send to next child in the line. • They are awarded points for hoop which their ball bounces in • Children rotate after one attempt so that the sender joins the back of the line and the next child has a turn. 	30 minutes
Cool Down	<p>Can you show me Positions</p> <ul style="list-style-type: none"> ○ Position 1 – feet together facing forwards and hands by their side standing straight ○ Position 2 – feet shoulders width apart hands by their side standing straight ○ Position 3 – feet shoulders width apart, left foot one step forwards hands by their side 	<ul style="list-style-type: none"> • Position 4 – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position) • Position 5 – From position 4 feet to roll forwards on to balls of feet below your toes • Children to jog around the area • When a number is called by teacher children are to stop and demonstrate that position • Slow down the pace after each position called until children are walking slowly. 	5 minutes

Date		Venue		Lesson No.	3
Numbers	30	Duration	45 minutes	Age Range	7 – 9 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Flat markers • Cones
Lesson Aims	<ul style="list-style-type: none"> • To be able to receive a netball individually • To use good receiving skills

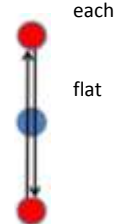

Lesson Content		Timings	
Warm Up	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> • Position 1 – feet together facing forwards and hands by their side standing straight • Position 2 – feet shoulders width apart hands by their side standing straight • Position 3 – feet shoulders width apart, left foot one step forwards hands by their side <p>Add the following positions:</p> <ul style="list-style-type: none"> • Position 4 – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position) • Position 5 – From position 4 feet to roll forwards on to balls of feet below your toes 	<p>Travelling around the area implementing position 1 -5</p> <ul style="list-style-type: none"> • Ways of travelling <ul style="list-style-type: none"> ○ Walking forwards & backwards ○ Skipping ○ Jogging ○ Side steps ○ Hopping ○ Jumping 	5-7 minutes
Activities	<p>Explain to the children they need to be ready to receive a netball</p> <ul style="list-style-type: none"> • Make links with the sending position • Position 1 – standing feet together • Position 2 – feet shoulder width apart • Position 3 – Slide – from position 2 slide one foot back • W for WANT – Palms facing outward, thumbs together creating a W shaped target, fingers curve to create a bowl • Look – Look at the netball they are receiving • Mine – When they have received a netball bring their hands up to their chest to secure the netball. • Children to practice sending a netball to themselves and receiving correctly • Begin by sending and receiving the netball at head height • Increase the height that the ball is sent 	<ul style="list-style-type: none"> • Children to get into groups of three or four • Children to position themselves into a triangle (3) or square (4)  <ul style="list-style-type: none"> • Challenge the children to send the ball around their shape using a chest pass • Count the number of successful passes made in a row. • If the ball is dropped the count returns to 0 • Challenge them to send the ball to different people in their shape • Challenge them to count the passes made in a given time limit (1 - 2 minutes) 	30 minutes
Cool Down	<p>Can you show me Positions</p> <ul style="list-style-type: none"> ○ Position 1 – feet together facing forwards and hands by their side standing straight ○ Position 2 – feet shoulders width apart hands by their side standing straight ○ Position 3 – feet shoulders width apart, left foot one step forwards hands by their side 	<ul style="list-style-type: none"> • Position 4 – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position) • Position 5 – From position 4 feet to roll forwards on to balls of feet below your toes • Children to jog around the area • When a number is called by teacher children are to stop and demonstrate that position • Slow down the pace after each position called until children are walking slowly. 	5 minutes

Date		Venue		Lesson No.	4
Numbers	30	Duration	45 minutes	Age Range	7 – 9 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Flat markers • Cones
Lesson Aims	<ul style="list-style-type: none"> • To be able to send and receive a netball with improved accuracy • To concentrate on control and accuracy when sending and receiving a netball


Lesson Content		Timings	
Warm Up	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> • Position 1 – feet together facing forwards and hands by their side standing straight • Position 2 – feet shoulders width apart hands by their side standing straight • Position 3 – feet shoulders width apart, left foot one step forwards hands by their side <p>Add the following positions:</p> <ul style="list-style-type: none"> • Position 4 – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position) • Position 5 – From position 4 feet to roll forwards on to balls of feet below your toes 	<p>Travelling around the area implementing position 1 -5</p> <ul style="list-style-type: none"> • Ways of travelling <ul style="list-style-type: none"> ○ Walking forwards & backwards ○ Skipping ○ Jogging ○ Side steps ○ Hopping ○ Jumping 	5-7 minutes
Activities	<p>Teacher to demonstrate receiving a bounce pass</p> <ul style="list-style-type: none"> • Position 1 – standing feet together • Position 2 – feet shoulder width apart • Position 3 – Slide – from position 2 slide one foot slightly back • W for WANT – Palms facing outward, thumbs together creating a W shaped target, fingers curve to create a bowl • Look – Look at the object they are receiving • Mine – When they have received and object bring their hands up to their chest to secure the object. • Ball should be received at waist/chest height • Encourage children to take a step forward or back to ensure ball is received between their waist (belly button) and chest <p>Children in to pairs</p> <ul style="list-style-type: none"> • Facing each other children are to have one cone at their feet and one flat marker between them <p>(Red – cone, Blue – flat marker, Arrow – Direction ball is sent)</p> <ul style="list-style-type: none"> • Child with the ball is to send the ball so that it bounces on the marker • The other child needs to be ready to receive the ball • The receiver then takes their turn to send the ball • Keep a score <ul style="list-style-type: none"> ○ One point if they strike the flat marker ○ One point for receive the ball 	<p>Children into groups of four standing on four corners of a square one cones with flat markers between them</p> <p>(Red – cone, Blue – flat marker,)</p> <ul style="list-style-type: none"> • Child with the ball is to send the ball in any direction so that it bounces on a flat marker • Children need to be ready to receive the ball • The receiver then takes their turn to send the ball  <p>Progression</p> <ul style="list-style-type: none"> ○ Challenge them to count the passes made in a given time period (1 or 2 minutes) ○ Successful teams will take the highest number of passes 	30 minutes
Cool Down	<p>Can you show me</p> <p>Positions</p> <ul style="list-style-type: none"> ○ Position 1 – feet together facing forwards and hands by their side standing straight ○ Position 2 – feet shoulders width apart hands by their side standing straight ○ Position 3 – feet shoulders width apart, left foot one step forwards hands by their side 	<ul style="list-style-type: none"> • Position 4 – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position) • Position 5 – From position 4 feet to roll forwards on to balls of feet below your toes • Children to jog around the area • When a number is called by teacher children are to stop and demonstrate that position • Slow down the pace after each position called until children are walking slowly. 	5 minutes

Date		Venue		Lesson No.	5
Numbers	30	Duration	45 minutes	Age Range	7 – 9 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Flat markers • Cones
Lesson Aims	<ul style="list-style-type: none"> • Develop the skills to receive a netball under control in different areas • Understand the concept of tracking, and get in line with the netball to receive it



Lesson Content		Timings	
Warm Up	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> • Position 1 – feet together facing forwards and hands by their side standing straight • Position 2 – feet shoulders width apart hands by their side standing straight • Position 3 – feet shoulders width apart, left foot one step forwards hands by their side <p>Add the following positions:</p> <ul style="list-style-type: none"> • Position 4 – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position) • Position 5 – From position 4 feet to roll forwards on to balls of feet below your toes 	<p>Travelling around the area implementing position 1 -5</p> <ul style="list-style-type: none"> • Ways of travelling <ul style="list-style-type: none"> ○ Walking forwards & backwards ○ Skipping ○ Jogging ○ Side steps ○ Hopping ○ Jumping 	5-7 minutes
Activities	<p>Set up a goal area as below (Blue – flat marker, Red – Cones)</p>  <p>Teacher (2) and one child (1) to demonstrate</p> <ul style="list-style-type: none"> • Tracking - Receiver must move to the position the ball is being sent to before the ball reaches there (getting in line with the flight of the ball) <p>Children to get into pairs and number themselves 1 and 2</p> <ul style="list-style-type: none"> • 1 stands on the flat marker holding the ball • 2 stands in the goal • Child 1 sends the ball using a chest pass into the goal area (in-between the red cones) • Child 2 tracks and receives the ball • Receiver then chest passes the ball back to the sender on the marker • Swap positions after the ball has been sent 5 times. <p>Teaching Points</p> <ul style="list-style-type: none"> • Position 1 – standing feet together • Position 2 – feet shoulder width apart • Position 3 – Slide – from position 2 slide one foot back • W for WANT – Palms facing outward, thumbs together creating a W shaped target, fingers curve to create a bowl • Look – Look at the object they are receiving • Mine – When they have received and object bring their hands up to their chest to secure the object. • Whole body will need to move to receive the ball • Hands and arms should be ready to receive as they move • Ball brought into the chest once received to secure the ball 	<p>Children into groups of four standing on four corners of a square one cones with flat markers between them</p> <p>Progression</p> <p>Teacher to demonstrate tracking and receiving a bounce pass</p> <ul style="list-style-type: none"> • Tracking - Receiver must move to the position the ball is being sent to before the ball reaches there (getting in line) • Position 1 – standing feet together • Position 2 – feet shoulder width apart • Slide – from position 2 slide one foot slightly back • W for WANT – Palms facing outward, thumbs together creating a W shaped target, fingers curve to create a bowl • Look – Look at the object they are receiving • Mine – When they have received and object bring their hands up to their chest to secure the object. <ul style="list-style-type: none"> • Whole body will need to move to receive the ball • Children may need to move in any direction • Hands and arms should be ready to receive as they move • Ball should be received between the waist and chest • Ball brought into the chest once received to secure the ball <ul style="list-style-type: none"> • Continue the goal activity with the sender using a bounce pass • Swap positions after the ball has been sent 5 times. 	30 minutes
Cool Down	<p>Can you show me Positions</p> <ul style="list-style-type: none"> ○ Position 1 – feet together facing forwards and hands by their side standing straight ○ Position 2 – feet shoulders width apart hands by their side standing straight ○ Position 3 – feet shoulders width apart, left foot one step forwards hands by their side 	<ul style="list-style-type: none"> • Position 4 – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position) • Position 5 – From position 4 feet to roll forwards on to balls of feet below your toes • Children to jog around the area • When a number is called by teacher children are to stop and demonstrate that position • Slow down the pace after each position called until children are walking slowly. 	5 minutes

Date		Venue		Lesson No.	6
Numbers	30	Duration	45 minutes	Age Range	7 – 9 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Chalk • Flat markers • Walls • Bibs
Lesson Aims	<ul style="list-style-type: none"> • Use a range of skills that enable them to keep control of the ball when sending & receiving • Demonstrate an awareness of how and where to send and receive the ball



Lesson Content		Timings	
Warm Up	<p>Bib tag</p> <ul style="list-style-type: none"> • Introduce 8 bib taggers in a class of 30 children • Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel • The taggers will hold a bib scrunched up in a ball • Teacher to condition tagging area (legs/arms/feet/knees etc.) – no tagging to head area • Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger <ul style="list-style-type: none"> ○ The child that was caught cannot get the person who got them back straight away, they must tag a different child ○ Continue and add or take away more taggers depending on children's perceptions 	5-7 minutes	
Activities	<p>Teacher to demonstrate overhead pass</p> <p>Overhead pass</p> <ul style="list-style-type: none"> • Position 1 – standing feet together • Position 2 – feet shoulder width apart • Position 3 – Slide – from position 2 slide one foot slightly back • Overhead – Ball held above the head with arms slightly bent • Push – Ball pushed towards the receiver • Ball can be received over head or at chest height • Ball should be brought into chest once received <p>Teacher to put children into groups of three</p> <ul style="list-style-type: none"> • Children to position themselves into a triangle (3) • Challenge the children to send the ball around their shape using an overhead pass • Count the number of successful passes made in a row • If the ball is dropped the count returns to 0 • Challenge them to send the ball to different people in their shape <ul style="list-style-type: none"> • Challenge them to count the passes made in a given time limit (1 - 2 minutes) 	<p>Progression</p> <ul style="list-style-type: none"> • Children remain in groups of three and number themselves 1,2 and 3 • Child 3 makes a mark on the wall with chalk to act as a target • Child 1 stands on the flat marker and uses an appropriate pass to strike the target on the wall • Child 2 must track the ball and receive it • Child 3 to act as 'back stop' collecting missed balls <p>Children awarded one point for</p> <ul style="list-style-type: none"> • striking the target • receiving the ball <p>Children rotate rolls after each attempt</p> <ul style="list-style-type: none"> • Sender becomes receiver • Receiver becomes marker • Marker becomes sender <p>Sender will need to</p> <ul style="list-style-type: none"> • Use appropriate amount of force so the ball will get to the receiver • Change they are sending to the ball strikes the wall at the target • Higher targets – overhead, Lower targets – chest pass • Successful children will have the highest points after a set time 	30 minutes
Cool Down	<p>Can you show me</p> <p>Positions</p> <ul style="list-style-type: none"> ○ Position 1 – feet together facing forwards and hands by their side standing straight ○ Position 2 – feet shoulders width apart hands by their side standing straight ○ Position 3 – feet shoulders width apart, left foot one step forwards hands by their side 	<ul style="list-style-type: none"> • Position 4 – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position) • Position 5 – From position 4 feet to roll forwards on to balls of feet below your toes • Children to jog around the area • When a number is called by teacher children are to stop and demonstrate that position • Slow down the pace after each position called until children are walking slowly. 	5 minutes

Date		Venue		Lesson No.	7
Numbers	30	Duration	45 minutes	Age Range	7 – 9 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Cones • Flat markers • Bibs
Lesson Aims	<ul style="list-style-type: none"> • To send & receive a netball whilst travelling • To combine and improve the quality of their sending and receiving skills with their ability to link movement


Lesson Content		Timings
Warm Up	<p>Bib tag</p> <ul style="list-style-type: none"> • Introduce 8 bib taggers in a class of 30 children • Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel • The taggers will hold a bib scrunched up in a ball • Teacher to condition tagging area (legs/arms/feet/knees etc.) – no tagging to head area • Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger <ul style="list-style-type: none"> ○ The child that was caught cannot get the person who got them back straight away, they must tag a different child ○ Continue and add or take away more taggers depending on children’s perceptions 	5-7 minutes
Activities	<p>Q & A about ways to communicate to that you are ready to receive the ball</p> <ul style="list-style-type: none"> • Visual – Hands up ready • Verbal – Call for the ball • Eye contact – Looking at the player with the ball. <p>Split the area into smaller squares or rectangles using cones or flat markers with one ball in each area.</p> <ul style="list-style-type: none"> • Children into groups of 4 • One team per area • All of the children in the team line up at one end of the area • Children must work as a team to get their ball to the other end of the area and touch it down to score a point  <p>Rules</p> <ul style="list-style-type: none"> • Children must pass the ball to everyone on their team before they touch it down • Children cannot move with the ball in their hands except to pivot on one foot. • Children cannot pass to someone unless they are communicating that they are read <p>Progression</p> <p>Children score a goal by a player on the line receiving the ball</p>  <p>Challenge:</p> <p>(Diagram shows one area, Green – Children, Arrows – Direction the ball must travel, start and finish line is labelled)</p> <ul style="list-style-type: none"> • All children start at one end of their area • When the teacher calls go the teams must send and receive the ball between each other to reach the other end of their area. • A player must receive the ball on the line • The team must then send and receive the ball between each other to where they started • To finish all members of the team must be sat on the line 	30 minutes
Cool Down	<p>Traffic lights</p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <p>Green – Jog</p> <p>Amber – jog on the spot</p> <p>Red – stand still</p> <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes

Date		Venue		Lesson No.	8
Numbers	30	Duration	45 minutes	Age Range	7 – 9 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Flat markers • Cones • Bibs
Lesson Aims	<ul style="list-style-type: none"> • Continue to send & receive a netball, keeping control whilst travelling • Extend sending, receiving & travelling individually and with an partner/opponent

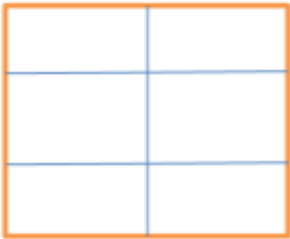
Lesson Content		Timings
Warm Up	<p>Bib tag</p> <ul style="list-style-type: none"> • Introduce 8 bib taggers in a class of 30 children • Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel • The taggers will hold a bib scrunched up in a ball • Teacher to condition tagging area (legs/arms/feet/knees etc.) – no tagging to head area • Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger <ul style="list-style-type: none"> ○ The child that was caught cannot get the person who got them back straight away, they must tag a different child ○ Continue and add or take away more taggers depending on children’s perceptions 	5-7 minutes
Activities	<p>Lay out flat markers to make triangle</p> <ul style="list-style-type: none"> • Children to get into groups of 4 and number themselves 1 – 4 • Children 1 – 3 to arrange themselves on the markers to make a triangle • Child 4 (defender) is to stand in the middle of the triangle. <p>(Blue – flat markers)</p>  <ul style="list-style-type: none"> • Children 1 – 3 are to stand on their spots and send the ball to each other • Only child 4 can move – they must try and intercept the ball or collect any ball that was not received • If 4 receives the ball then the child who sent the ball is in the middle. • Count how many successful passes are made • You score a goal if 10 passes are made without any interceptions <ul style="list-style-type: none"> • Progress to using different ways of sending to get around the defender: • Teacher to demonstrate each in turn: <ul style="list-style-type: none"> ○ Overhead – over the defender ○ Chest – around the defender ○ Bounce pass – over or around the defender • Continue activity encouraging a range of passes <p>Progression – Movement</p> <ul style="list-style-type: none"> • Take the spots away so that all children are allowed to move around the area • Remind children to think about their position <ul style="list-style-type: none"> ○ In line with the ball ○ Hands ready to receive 	30 minutes
Cool Down	<p>Traffic lights</p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> • Green – Jog • Amber – jog on the spot • Red – stand still <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes

Date		Venue		Lesson No.	9
Numbers	30	Duration	45 minutes	Age Range	7 – 9 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Flat markers • Cones • Bibs
Lesson Aims	<ul style="list-style-type: none"> • Develop awareness of partners/opponents within the area of play • Recognise space in their games and use it to their advantage, planning where to stand to make it difficult for opponents

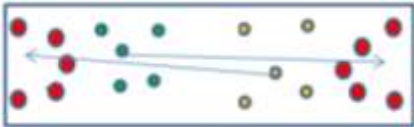
Lesson Content		Timings	
Warm Up	<p>Bib tag</p> <ul style="list-style-type: none"> • Introduce 8 bib taggers in a class of 30 children • Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel • The taggers will hold a bib scrunched up in a ball • Teacher to condition tagging area (legs/arms/feet/knees etc.) – no tagging to head area • Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger <ul style="list-style-type: none"> ○ The child that was caught cannot get the person who got them back straight away, they must tag a different child ○ Continue and add or take away more taggers depending on children’s perceptions 	5-7 minutes	
Activities	<p>Q&A about why working in groups of three to send the ball in a triangle is effective</p> <ul style="list-style-type: none"> • Different options to send to • Ball moves into space • Defenders need to move around <p>Split the area into smaller squares or rectangles using cones or flat markers with one ball in each area.</p> <ul style="list-style-type: none"> • Children to get into groups of 3 and put on a bib to identify their team • Two teams into each small square 	<ul style="list-style-type: none"> • Children are to pass the ball between their team members as many times as they can without the opposite team getting the ball • The ball can be won by the opposite team intercepting the ball or picking up from the floor only • If the opposite team win the ball they then have to make as many passes as they can without the ball being won by the opposite team • Reinforce good combination • Reinforce working as a triangle • Reward good decision making – using a range of passes • Swap the teams around so they all get to play each other • If teams have the same coloured bibs one team can remove their bibs 	30 minutes
Cool Down	<p>Traffic lights</p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> • Green – Jog • Amber – jog on the spot • Red – stand still <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes	

Date		Venue		Lesson No.	10
Numbers	30	Duration	45 minutes	Age Range	7 – 9 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Flat markers • Cones
Lesson Aims	<ul style="list-style-type: none"> • Move fluently, changing direction and speed easily and avoiding collisions • Continue decision making about when and where to send the ball, and to be aware of others running and chasing


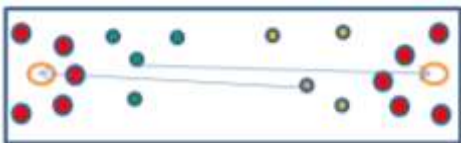
Lesson Content		Timings
Warm Up	<p>Mine...</p> <ul style="list-style-type: none"> • Spread the balls around the outside of the area – not enough for one each. • Children are to be given 5 lives. • Children to jog around the area. • Chose a signal to act on (holding up a cone or shouting go) • When signalled children are to run to a ball and hold it up • Children without a ball loose a life (Do not allow children to lose all their lives as it is important all children are kept active during a warm up) 	5-7 minutes
Activities	<p>Children into pairs and number themselves 1 and 2</p> <ul style="list-style-type: none"> • Number 1s to get a ball • All children to move around in the area at a slow jog • Decide on an indicator (holding up a cone or verbal command) • When the command is given (or cone held up) Children with a ball must send to any player without the ball <p>Think about</p> <ul style="list-style-type: none"> • Communicating they are ready to send/receive the ball • Awareness of other players • Avoiding other players – stepping around • Children continue moving around the area sending and receiving the ball <p>Progression</p> <ul style="list-style-type: none"> • Children into teams of 5 • Teams to wear bibs to identify themselves <p>Set up 3 large pitches (Red – flat markers, Line – cones, Green – one team, Orange – One team, Arrow – direction the ball travels in)</p>  <p>Rules</p> <ul style="list-style-type: none"> • Children must pass the ball to everyone on their team • Children cannot move with the ball at their feet except to pivot on one foot. • The opposite team can win the ball by interception • A goal is scored when a player receives the ball with their feet inside their semi-circle • Progress children by limiting the time they can hold the ball at their feet before sending. • Rotate teams so everyone has the opportunity to play each other. 	30 minutes
Cool Down	<p>Traffic lights</p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> • Green – Jog • Amber – jog on the spot • Red – stand still <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes

Date		Venue		Lesson No.	11
Numbers	30	Duration	45 minutes	Age Range	7 – 9 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Flat markers • Cones • Hoops
Lesson Aims	<ul style="list-style-type: none"> • To be able to send a netball through a hoop to score a goal • To aim and send a netball at a target accurately

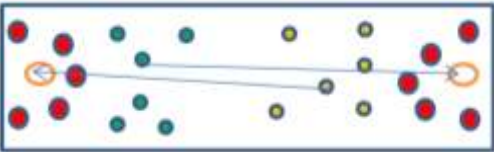
Lesson Content		Timings
Warm Up	<p>Mine...</p> <ul style="list-style-type: none"> • Spread the balls around the outside of the area – not enough for one each. • Children are to be given 5 lives. • Children to jog around the area. • Chose a signal to act on (holding up a cone or shouting go) • When signalled children are to run to a ball and hold it up • Children without a ball loose a life (Do not allow children to lose all their lives as it is important all children are kept active during a warm up) 	5-7 minutes
Activities	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> • Teacher to demonstrate aiming at a hooped target Overhead pass • Position 1 – standing feet together • Position 2 – feet shoulder width apart • Position 3 – Slide from position 2 slide one foot back • Overhead – Ball held above the head with arms slightly bent • Aim –hands, feet and eyes towards the target • Push – Ball pushed towards the target Children into pairs and number 1 and 2 • Child 1 gets a hoop • Child 2 get a ball • Child 1 holds the hoop flat (like a netball goal) out to their side • Child 2 must use an overhead pass to send the ball through hoop  <p>(Green – Child,, Arrow – direction of ball travel, Hoop – Hoop as viewed from above)</p> <ul style="list-style-type: none"> • Point scored each time the ball goes through the hoop • After 5 attempts children to swap rolls. • Increase the height the hoop is held at until it is above the child’s head • Progress some children ready onto scoring in a lowered netball hoop </div> <div style="width: 45%;"> <p>Progression</p> <ul style="list-style-type: none"> • Children into teams of 5 • Teams to wear bibs to identify themselves • One child from each team to hold a hoop in the semi circles as act as a ‘goal’ <p>Set up 3 large pitches (Red – flat markers, Line – cones, Green – one team, Orange – One team, Arrow – direction the ball travels in, Hoop – Child holding a hoop as viewed from above)</p>  <p>Rules</p> <ul style="list-style-type: none"> • Children must pass the ball to everyone on their team • Children cannot move with the ball at their feet except to pivot on one foot. • The opposite team can win the ball by interception <ul style="list-style-type: none"> ○ A goal is scored when a player puts the ball through the hoop <p>Progress children by limiting the time they can hold the ball at their feet before sending.</p> <ul style="list-style-type: none"> • Rotate teams so everyone has the opportunity to play each other. • Swap the children holding the hoop frequently (at least after each goal is scored and a different child at the start of each new game) </div> </div>	30 minutes
Cool Down	<p>Traffic lights</p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> • Green – Jog • Amber – jog on the spot • Red – stand still <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes

Date		Venue		Lesson No.	12
Numbers	30	Duration	45 minutes	Age Range	7 – 9 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Flat markers • Cones • Hoops • Netball goals
Lesson Aims	<ul style="list-style-type: none"> • To be able to apply sending and receiving skills in a game situation • To apply sending, receiving & travelling skills in an opposed situation

Lesson Content		Timings
Warm Up	<p>Mine...</p> <ul style="list-style-type: none"> • Spread the balls around the outside of the area – not enough for one each. • Children are to be given 5 lives. • Children to jog around the area. • Chose a signal to act on (holding up a cone or shouting go) • When signalled children are to run to a ball and hold it up • Children without a ball loose a life (Do not allow children to lose all their lives as it is important all children are kept active during a warm up) 	5-7 minutes
Activities	<p>Netball Matches</p> <ul style="list-style-type: none"> • Children into teams of 7 • Teams to wear bibs to identify themselves • One child from each team to hold a hoop in the semi circles to act as a 'goal' <p>Set up 2 large pitches (Red – flat markers, Line – cones, Green – one team, Orange – One team, Arrow – direction the ball travels in, Hoop – Child holding a hoop as viewed from above)</p>  <p>Rules</p> <ul style="list-style-type: none"> • Children must pass the ball to everyone on their team using their feet • Children cannot move with the ball at their feet except to pivot on one foot. • Children may only hold the ball for 5 seconds before sending • The opposite team can win the ball by interception • A goal is scored when a player puts the ball through the hoop • Swap the children holding the hoop frequently (at least after each goal is scored) <p>Progression</p> <ul style="list-style-type: none"> • Introduce lowered netball goals instead of hoops in the goal area • Children must only hold the ball for three seconds. • Rotate teams so everyone has the opportunity to play each other using the netball goals 	30 minutes
Cool Down	<p>Traffic lights</p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> • Green – Jog • Amber – jog on the spot • Red – stand still <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes

Skills for Life: Netball - Key Stage 2 (Year 5&6) Mid Term Plan

Lesson Number	Lesson Aim	Lesson Objective
1	<ul style="list-style-type: none"> To be able to send a netball individually towards a target / partner 	<ul style="list-style-type: none"> To use good sending skills with control To use existing knowledge to help improve quality of their sending
2	<ul style="list-style-type: none"> To be able to receive a netball individually and with control in space 	<ul style="list-style-type: none"> To use good receiving skills with control To re-visit existing knowledge to help progress the quality of their receiving skills
3	<ul style="list-style-type: none"> To be able to send netball varying speed, height and direction 	<ul style="list-style-type: none"> Combine and improve the quality of their sending skills with a partner varying speed, height & direction
4	<ul style="list-style-type: none"> Develop skills to receive the netball under control in different areas and heights 	<ul style="list-style-type: none"> Understand the concept of tracking, and get in line with the ball to receive it
5	<ul style="list-style-type: none"> Recognise how to find space and use it well in receiving a netball under control 	<ul style="list-style-type: none"> Combine and improve the quality of their receiving skills with a partner identifying areas to receive
6	<ul style="list-style-type: none"> Improve their understanding of creating space to receive a ball Recognise the correct time to intercept or tackle the opposition to gain possession of the ball 	<ul style="list-style-type: none"> Identify when to intercept a pass and when to tackle the opposition to gain possession Recognise how to create space to receive a ball
7	<ul style="list-style-type: none"> Direct the netball reasonably well towards their opponent's court or target area 	<ul style="list-style-type: none"> Extend sending, receiving & travelling individually and with an partner/opponent Understand the concepts of aiming and taking the ball to a good position for aiming
8	<ul style="list-style-type: none"> To be able to send a netball through a hoop to score a goal 	<ul style="list-style-type: none"> To aim and send a netball at a target accurately
9	<ul style="list-style-type: none"> Move fluently, changing direction and speed easily and avoiding collisions 	<ul style="list-style-type: none"> Continue decision making about when and where to send the ball, and to be aware of others running and chasing
10	<ul style="list-style-type: none"> Develop awareness of opponents positioning within the area of play 	<ul style="list-style-type: none"> Recognise space in their games and use it to their advantage, planning where to stand to make it difficult for opponents
11	<ul style="list-style-type: none"> Show an understanding of moving to screen the opposition from receiving the ball 	<ul style="list-style-type: none"> Recognise the opportunity to intercept a pass and shield the opposition from creating space
12	<ul style="list-style-type: none"> Use a combination of sending and receiving skills in a game of netball 	<ul style="list-style-type: none"> Defend effectively, slowing games down and making it hard for opponents to find space




Skills for Life: Netball - Key Stage 2 (Year 5&6) Lesson Plans

Date		Venue		Lesson No.	1
Numbers	30	Duration	45 minutes	Age Range	9 – 11 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Cones
Lesson Aims	<ul style="list-style-type: none"> • To be able to send the netball individually towards a target / partner • To use good sending skills with control • To use existing knowledge to help improve quality of their sending



Lesson Content			Timings
Warm Up	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> • Position 1 – feet together facing forwards and hands by their side standing straight • Position 2 – feet shoulders width apart hands by their side standing straight • Position 3 – feet shoulders width apart, left foot one step forwards hands by their side <p>Add the following positions:</p> <ul style="list-style-type: none"> • Position 4 – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position) • Position 5 – From position 4 feet to roll forwards on to balls of feet below your toes 	<p>Travelling around the area implementing position 1 -5</p> <ul style="list-style-type: none"> • Ways of travelling <ul style="list-style-type: none"> ○ Walking forwards & backwards ○ Skipping ○ Jogging ○ Side steps ○ Hopping ○ Jumping 	5-7 minutes
Activities	<p>Teacher to demonstrate sending the netball using a chest pass</p> <p>Chest Pass</p> <ul style="list-style-type: none"> • Position 1 – standing feet together • Position 2 – feet shoulder width apart • Slide – from position 2 slide one foot slightly back • Ball held at chest height • Palms facing out • Finger tips touching • Pushing towards the receiver <p>Battle Ships (Arrow – child, Red – cones)</p> <ul style="list-style-type: none"> • In pairs the children face each other with two cones at their feet • Children take it in turns to chest pass the ball to the cone at their partners feet • If they fit the cone it becomes theirs adding to their line of cones • The aim is to win all of your partners cones • Repeat once all cones are won. 	<p>Teacher demonstrate receiving the chest pass</p> <ul style="list-style-type: none"> • Make links with the sending position • Position 1 – standing feet together • Position 2 – feet shoulder width apart • Position 3 – Slide from position 2 slide one foot back • W for WANT – Palms facing outward, thumbs together creating a W shaped target, fingers curve to create a bowl • Look – Look at the object they are receiving • Mine – When they have received and object bring their hands up to their chest to secure the object. • Children to get into groups of three or four • Children to position themselves into a triangle (3) or square (4) • Challenge the children to send the ball around their shape counting the number of successful passes made in a row. • If the ball is dropped the count returns to 0  	30 minutes
Cool Down	<p>Positions</p> <ul style="list-style-type: none"> • Position 1 – feet together facing forwards and hands by their side standing straight • Position 2 – feet shoulders width apart hands by their side standing straight • Position 3 – feet shoulders width apart, left foot one step forwards hands by their side • Position 4 – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position) • Position 5 – From position 4 feet to roll forwards on to balls of feet below your toes 	<ul style="list-style-type: none"> • Children to jog around the area • When a number is called by teacher children are to stop and demonstrate that position • Slow down the pace after each position called until children are walking slowly. 	5 minutes

Date		Venue		Lesson No.	2
Numbers	30	Duration	45 minutes	Age Range	9 – 11 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Flat markers • Cones • Hoops
Lesson Aims	<ul style="list-style-type: none"> • To be able to receive a netball individually and with control in space • To use good receiving skills with control • To re-visit existing knowledge to help progress the quality of their receiving skills

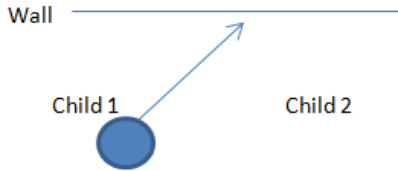

Lesson Content		Timings	
Warm Up	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> • Position 1 – feet together facing forwards and hands by their side standing straight • Position 2 – feet shoulders width apart hands by their side standing straight • Position 3 – feet shoulders width apart, left foot one step forwards hands by their side <p>Add the following positions:</p> <ul style="list-style-type: none"> • Position 4 – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position) • Position 5 – From position 4 feet to roll forwards on to balls of feet below your toes 	<p>Travelling around the area implementing position 1 -5</p> <ul style="list-style-type: none"> • Ways of travelling <ul style="list-style-type: none"> ○ Walking forwards & backwards ○ Skipping ○ Jogging ○ Side steps ○ Hopping ○ Jumping 	5-7 minutes
Activities	<p>Teacher to demonstrate bounce passing the ball to a target</p> <p>Bounce pass</p> <ul style="list-style-type: none"> • Position 1 – standing feet together • Position 2 – feet shoulder width apart • Position 3 – Slide from position 2 slide one foot back • Overhead – Ball held above or level to the head with arms slightly bent • Push – Ball pushed towards the ground <p>Children into groups of 4 Set up a game as below (Blue – flat marker, Ring – hoop)</p>  <p>Numbers indicate the points scored</p> <ul style="list-style-type: none"> • Children to line up behind the flat marker • Child at the front of the line stands on the blue marker and sends the ball so that it bounces in one of the hoops • They are awarded points for hoop which their ball bounces in • Children rotate after one attempt so that the sender joins the back of the line and the next child has a turn. 	<p>Teacher to demonstrate receiving a bounce pass</p> <ul style="list-style-type: none"> • Position 1 – standing feet together • Position 2 – feet shoulder width apart • Position 3 – Slide from position 2 slide one foot back • W for WANT – Palms facing outward, thumbs together creating a W shaped target, fingers curve to create a bowl • Look – Look at the object they are receiving • Mine – When they have received and object bring their hands up to their chest to secure the object. <p>Children to get into groups of three or four</p>  <ul style="list-style-type: none"> • Children to position themselves into a triangle (3) or square (4) • Ball should only bounce once before being received • Ball should be received at waist/chest height • Encourage children to take a step forward or back to ensure ball is received between their waist (belly button) and chest <ul style="list-style-type: none"> • Challenge the children to send the ball around their shape counting the number of successful passes made in a row. • If the ball is dropped the count returns to 0 • Challenge – Which team can make the more successful passes in a given time. 	30 minutes
Cool Down	<p>Can you show me...</p> <ul style="list-style-type: none"> • Position 1 – feet together facing forwards and hands by their side standing straight • Position 2 – feet shoulders width apart hands by their side standing straight • Position 3 – feet shoulders width apart, left foot one step forwards hands by their side • Position 4 – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position) • Position 5 – From position 4 feet to roll forwards on to balls of feet below your toes 	<ul style="list-style-type: none"> • Children to jog around the area • When a number is called by teacher children are to stop and demonstrate that position • Slow down the pace after each position called until children are walking slowly. 	5 minutes

Date		Venue		Lesson No.	3
Numbers	30	Duration	45 minutes	Age Range	9 - 11years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Chalk • Flat markers • Walls • Bibs
Lesson Aims	<ul style="list-style-type: none"> • To be able to send netball varying speed, height and direction • Combine and improve the quality of their sending skills with a partner varying speed, height & direction


Lesson Content		Timings	
Warm Up	<p>Bib tag</p> <ul style="list-style-type: none"> • Introduce 8 bib taggers in a class of 30 children • Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel • The taggers will hold a bib scrunched up in a ball • Teacher to condition tagging area (legs/arms/feet/knees etc) – no tagging to head area • Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger <ul style="list-style-type: none"> ○ The child that was caught cannot get the person who got them back straight away, they must tag a different child ○ Continue and add or take away more taggers depending on children’s perceptions 	5-7 minutes	
Activities	<p>Teacher to demonstrate aiming the ball towards a target</p> <ul style="list-style-type: none"> • Position 1 – standing feet together • Position 2 – feet shoulder width apart • Position 3 – Slide from position 2 slide one foot back • Ball held at chest height • Look at the target • Push the ball towards the target • Follow through with the arms ending pointing in the direction of the target <p>Children into pairs and number themselves 1 and 2 (Blue – flat marker)</p> <ul style="list-style-type: none"> • Child 2 makes a mark on the wall with chalk to act as a target • Child 1 stands on the flat marker and uses an appropriate pass to strike the target on the wall • Children awarded one point for striking the target • Children rotate rolls after each attempt with a new target • Progress by introducing the floor as a target – children can make marks on both the floor and the wall • Sender will need to think about changing the pass they are using to strike a wall or floor target  <p style="text-align: center;">Wall ————— Child 1 Child 2</p> <p>Progression</p> <p>Teacher to demonstrate pivoting body position to send the ball</p> <ul style="list-style-type: none"> • One foot stays on the spot • Whole body moves to face target – keeping the foot on the spot still • Opposite foot, hands and chest should face towards the target • Look at the target • Push the ball towards the target • Follow through with the arms ending pointing in the direction of the target <p>In the same pairs</p> <ul style="list-style-type: none"> • Child 1 to stand on a spot • Child 2 to find a position where child 1 must pivot to send the ball • Child 1 to move their body position and send the ball to Child 2 using a bounce or chest pass • Encourage children to practice both types of pass  <p>(Blue – Flat marker, Arrow – Direction of the ball)</p> <p>Challenge</p> <ul style="list-style-type: none"> • Encourage the children to speed up their passes by challenging them to send and receive the ball as many times as they can from different positions in a given time limit. 	30 minutes	
Cool Down	<p>Can you show me...</p> <ul style="list-style-type: none"> • Position 1 – feet together facing forwards and hands by their side standing straight • Position 2 – feet shoulders width apart hands by their side standing straight • Position 3 – feet shoulders width apart, left foot one step forwards hands by their side • Position 4 – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position) • Position 5 – From position 4 feet to roll forwards on to balls of feet below your toes 	<ul style="list-style-type: none"> • Children to jog around the area • When a number is called by teacher children are to stop and demonstrate that position • Slow down the pace after each position called until children are walking slowly. 	5 minutes

Date		Venue		Lesson No.	4
Numbers	30	Duration	45 minutes	Age Range	9 - 11 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Flat markers • Cones
Lesson Aims	<ul style="list-style-type: none"> • Develop skills to receive the netball under control in different areas and heights • Understand the concept of tracking, and get in line with the ball to receive it


Lesson Content			Timings
Warm Up	<p>Positions</p> <ul style="list-style-type: none"> Position 1 – feet together facing forwards and hands by their side standing straight Position 2 – feet shoulders width apart hands by their side standing straight Position 3 – feet shoulders width apart, left foot one step forwards hands by their side Position 4 – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position) Position 5 – From position 4 feet to roll forwards on to balls of feet below your toes 	<ul style="list-style-type: none"> Children to jog around the area When a number is called by teacher children are to stop and demonstrate that position Slow down the pace after each position called until children are walking slowly. 	5-7 minutes
Activities	<p>Set up a goal area as shown (Blue – flat marker, Red – Cones)</p>  <p>Teacher (2) and one child (1) to demonstrate</p> <ul style="list-style-type: none"> Tracking - Receiver must move to the position the ball is being sent to before the ball reaches there (getting in line) Position 1 – standing feet together Position 2 – feet shoulder width apart Position 3 – Slide from position 2 slide one foot back W for WANT – Palms facing outward, thumbs together creating a W shaped target, fingers curve to create a bowl Look – Look at the object they are receiving Mine – When they have received and object bring their hands up to their chest to secure the object. <p>Teaching Points</p> <ul style="list-style-type: none"> Whole body will need to move to receive the ball Hands and arms should be ready to receive as they move Ball brought into the chest once received to secure the ball Children to get into pairs and number themselves 1 and 2 1 stands on the flat marker holding the ball 2 stands in the goal Child 1 sends the ball using a chest pass into the goal area Child 2 tracks and receives the ball Receiver then chest passes the ball back to the sender on the marker Swap positions after the ball has been sent 5 times. Progress children onto sending and receiving a bounce pass 	<p>Progression Teacher to demonstrate sending and receiving and overhead pass</p> <p>Overhead pass</p> <ul style="list-style-type: none"> Position 1 – standing feet together Position 2 – feet shoulder width apart Slide – from position 2 slide one foot slightly back Overhead – Ball held above the head with arms slightly bent Push – Ball pushed towards the receiver <ul style="list-style-type: none"> Ball can be received over head or at chest height Ball should be brought into chest once received <p>Children to continue activity using overhead passes</p> <p>Challenge</p> <ul style="list-style-type: none"> Continue the activity using a range of passes If receiver misses a ball in the goal area the sender wins a point If the receiver catches the ball in the goal area they receive a point Swap rolls after 5 attempts Successful children will have the most points after a time limit 	30 minutes
Cool Down	<p>Can you show me...</p> <ul style="list-style-type: none"> Position 1 – feet together facing forwards and hands by their side standing straight Position 2 – feet shoulders width apart hands by their side standing straight Position 3 – feet shoulders width apart, left foot one step forwards hands by their side Position 4 – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position) Position 5 – From position 4 feet to roll forwards on to balls of feet below your toes 	<ul style="list-style-type: none"> Children to jog around the area When a number is called by teacher children are to stop and demonstrate that position Slow down the pace after each position called until children are walking slowly. 	5 minutes

Date		Venue		Lesson No.	5
Numbers	30	Duration	45 minutes	Age Range	9 - 11 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Cones • Flat markers • Bibs
Lesson Aims	<ul style="list-style-type: none"> • Recognise how to find space and use it well in receiving a netball under control • Combine and improve the quality of their receiving skills with a partner identifying areas to receive

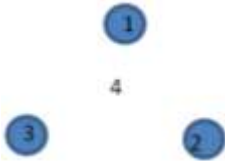
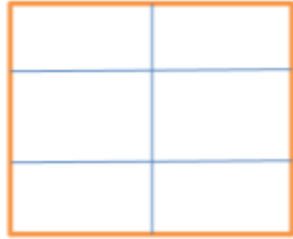
Lesson Content		Timings
Warm Up	<p>Bib tag</p> <ul style="list-style-type: none"> • Introduce 8 bib taggers in a class of 30 children • Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel • The taggers will hold a bib scrunched up in a ball • Teacher to condition tagging area (legs/arms/feet/knees etc) – no tagging to head area • Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger <ul style="list-style-type: none"> ○ The child that was caught cannot get the person who got them back straight away, they must tag a different child ○ Continue and add or take away more taggers depending on children’s perceptions 	5-7 minutes
Activities	<p>Discuss ways to communicate to indicate that you are ready to receive the ball</p> <ul style="list-style-type: none"> • Visual – Hands up ready • Verbal – Call for the ball • Eye contact – Looking at the player with the ball. <p>Split the area into smaller squares or rectangles using cones or flat markers with one ball in each area.</p>  <ul style="list-style-type: none"> • Children into groups of 4 • Put on bibs to identify teams • One team per area • All of the children in the team line up at one end of the area • Children must work as a team to get their ball to the other end of the area and touch it down to score a point <p>Rules</p> <ul style="list-style-type: none"> • Children must pass the ball to everyone on their team before they touch it down • Children cannot move with the ball in their hands except to pivot on one foot. • Children cannot pass to someone unless they are communicating that they are ready <p>Progression – using space</p> <ul style="list-style-type: none"> • Combine two areas to make wider areas containing two teams • Two teams in each area race to get their ball to the end of the area in the space provided • Children will need to be aware of the other team and move into space away from them • Every player must touch the ball • Progress by each team sending the ball to one end and back with each player touching the ball twice. 	30 minutes
Cool Down	<p>Traffic lights</p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> • Green – Jog • Amber – jog on the spot • Red – stand still <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes

Date		Venue		Lesson No.	6
Numbers	30	Duration	45 minutes	Age Range	9 - 11 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Flat markers • Cones • Bibs
Lesson Aims	<ul style="list-style-type: none"> • Improve their understanding of creating space to receive a ball • Recognise the correct time to intercept or tackle the opposition to gain possession of the ball • Identify when to intercept a pass and when to tackle the opposition to gain possession • Recognise how to create space to receive a ball



Lesson Content		Timings
Warm Up	<p>Bib tag</p> <ul style="list-style-type: none"> • Introduce 8 bib taggers in a class of 30 children • Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel • The taggers will hold a bib scrunched up in a ball • Teacher to condition tagging area (legs/arms/feet/knees etc) – no tagging to head area • Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger <ul style="list-style-type: none"> ○ The child that was caught cannot get the person who got them back straight away, they must tag a different child ○ Continue and add or take away more taggers depending on children’s perceptions 	5-7 minutes
Activities	<p>Teacher to demonstrate different ways of sending to get around the defender:</p> <ul style="list-style-type: none"> • Teacher to demonstrate each in turn: <ul style="list-style-type: none"> ○ Overhead – over the defender ○ Chest – around the defender ○ Bounce pass – over or around the defender <p>Intercepting</p> <ul style="list-style-type: none"> • Watch – Look for the signs of where the ball is being sent • Track the ball – Move in line with the path of the ball • Ready – Hands in W ready to receive the ball • Children to get into groups of 4 and number themselves 1 – 4 • Children 1 – 3 to arrange themselves to make a triangle • Child 4 (defender) is to stand in the middle of the triangle. • Children 1 – 3 are to send the ball to each other • Only child 4 must try and intercept the ball or collect any ball that was not received • If child 4 intercepts the ball then the child who sent the ball is in the middle.  <p>Progression</p> <ul style="list-style-type: none"> • Children into teams of 5 • Teams to wear bibs to identify themselves <p>Split the area into smaller squares or rectangles using cones or flat markers with one ball in each area.</p>  <p>Teaching points</p> <ul style="list-style-type: none"> • Working in a triangle to send and receive gives two options for the sender to use • Use space around you into triangles in a game • Children to get into groups of 3 and put on a bib to identify their team • Two teams into each small square • Children are to pass the ball between their team members as many times as they can without the opposite team getting the ball • The ball can be won by the opposite team intercepting the ball or picking up from the floor only. • If the opposite team win the ball they then have to make as many passes as they can without the ball being won by the opposite team. • Swap the teams around so they all get to play each other 	30 minutes
Cool Down	<p>Traffic lights</p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> • Green – Jog • Amber – jog on the spot • Red – stand still <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes

Date		Venue		Lesson No.	7
Numbers	30	Duration	45 minutes	Age Range	9 - 11 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Flat markers • Cones • Hoops
Lesson Aims	<ul style="list-style-type: none"> • Direct the netball reasonably well towards their opponent’s court or target area • Extend sending, receiving & travelling individually and with an partner/opponent • Understand the concepts of aiming and taking the ball to a good position for aiming


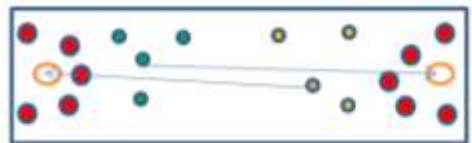
Lesson Content		Timings
Warm Up	<p>Mine...</p> <ul style="list-style-type: none"> • Spread the balls around the outside of the area – not enough for one each. • Children are to be given 5 lives. • Children to jog around the area. • Chose a signal to act on (holding up a cone or shouting go) • When signalled children are to run to a ball and hold it up • Children without a ball loose a life (Don't allow children to lose all their lives as it is important all children are kept active) 	5-7 minutes
Activities	<div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p>Discuss working as a team to find space</p> <ul style="list-style-type: none"> • Using Triangles • Finding space • Communicating they are ready to receive <p>Set up 3 large pitches (Red – flat markers, Line – cones, Green – one team, Orange – One team, Arrow – direction the ball travels in)</p> <ul style="list-style-type: none"> • Children must pass the ball to everyone on their team • Children cannot move with the ball at their feet except to pivot on one foot. • The opposite team can win the ball by interception • A goal is scored when a player receives the ball with their feet inside their semi-circle <p>Progress children by limiting the time they can hold the ball at their feet before sending.</p> <ul style="list-style-type: none"> • Rotate teams so everyone has the opportunity to play each other. </div> <div style="width: 48%;"> <p>Progression – introduce a target/hoop (Red – cones, X – cone with ball balanced on it, arrows – direction of travel)</p> <ul style="list-style-type: none"> • Teams begin lined up at either end of the court in front of their goal (ball balanced on cone) • One team starts with a ball <p>Rules</p> <ul style="list-style-type: none"> • Children must pass the ball to everyone on their team then attempt to send the ball to knock the other teams' ball from the cone from outside the coned semi-circle. • The opposite team can win the ball by interception • Children cannot move with the ball in their hands except to pivot on one foot. • None is allowed in the coned semi-circle except to place the ball back onto the cone </div> </div>  	30 minutes
Cool Down	<p>Traffic lights</p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> • Green – Jog • Amber – jog on the spot • Red – stand still <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes

Date		Venue		Lesson No.	8
Numbers	30	Duration	45 minutes	Age Range	9 - 11 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Flat markers • Cones • Hoops
Lesson Aims	<ul style="list-style-type: none"> • To be able to send a netball through a hoop to score a goal • To aim and send a netball at a target accurately

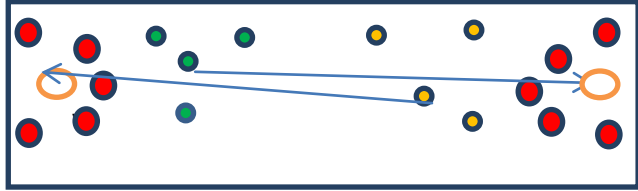
Lesson Content		Timings
Warm Up	<p>Mine...</p> <ul style="list-style-type: none"> • Spread the balls around the outside of the area – not enough for one each. • Children are to be given 5 lives. • Children to jog around the area. • Chose a signal to act on (holding up a cone or shouting go) • When signalled children are to run to a ball and hold it up • Children without a ball loose a life (Don't allow children to lose all their lives as it is important all children are kept active) 	5-7 minutes
Activities	<p>Teacher to demonstrate aiming at a hooped target</p> <p>Overhead pass</p> <ul style="list-style-type: none"> • Position 1 – standing feet together • Position 2 – feet shoulder width apart • Slide – from position 2 slide one foot slightly back • Overhead – Ball held above the head with arms slightly bent • Aim –hands, feet and eyes towards the target • Push – Ball pushed towards the target <p>Circuit</p> <ul style="list-style-type: none"> • Children into pairs and number them 1 and 2 <p>Activity 1</p> <ul style="list-style-type: none"> • Child 1 gets a hoop • Child 2 get a ball • Child 1 holds the hoop flat (like a goal) out to their side • Child 2 must use an overhead pass to send the ball through the hoop <p>(Green – Child,, Arrow – direction of ball travel, Hoop – Hoop as viewed from above)</p> <ul style="list-style-type: none"> • Point scored each time the ball goes through the hoop • After 5 attempts children to swap rolls. • Increase the height the hoop is held at until it is above the child's head <p>Activity 2</p> <ul style="list-style-type: none"> • Child 1 sends the ball at a netball goal • Child 2 must track the ball and receive it as it falls • Children swap rolls after each attempt • Rotate the activities so all children have had a go at sending towards a netball goal  <p>Progression</p> <ul style="list-style-type: none"> • Children into teams of 5 • Teams to wear bibs to identify themselves • One child from each team to hold a hoop in the semi circles as act as a 'goal' <p>Set up 3 large pitches (Red – flat markers, Line – cones, Green – one team, Orange – One team, Arrow – direction the ball travels in, Hoop – Child holding a hoop as viewed below)</p>  <p>Rules</p> <ul style="list-style-type: none"> • Children must pass the ball to everyone on their team using their feet • Children cannot move with the ball at their feet except to pivot on one foot. • The opposite team can win the ball by interception • A goal is scored when a player puts the ball through the hoop <p>Progress by introducing netball goals instead of hoops</p> <ul style="list-style-type: none"> • Rotate teams so everyone has the opportunity to play each other. 	30 minutes
Cool Down	<p>Traffic lights</p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> • Green – Jog • Amber – jog on the spot • Red – stand still <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes

Date		Venue		Lesson No.	9
Numbers	30	Duration	45 minutes	Age Range	9-11 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Flat markers • Cones
Lesson Aims	<ul style="list-style-type: none"> • Move fluently, changing direction and speed easily and avoiding collisions • Continue decision making about when and where to send the ball, and to be aware of others running and chasing

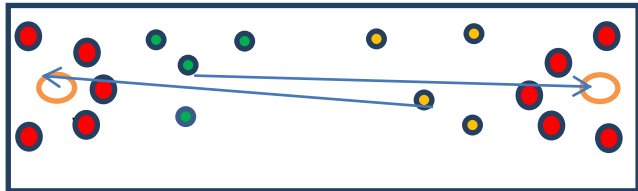
Lesson Content		Timings
Warm Up	<p>Mine...</p> <ul style="list-style-type: none"> • Spread the balls around the outside of the area – not enough for one each. • Children are to be given 5 lives. • Children to jog around the area. • Chose a signal to act on (holding up a cone or shouting go) • When signalled children are to run to a ball and hold it up • Children without a ball loose a life (Don't allow children to lose all their lives as it is important all children are kept active) 	5-7 minutes
Activities	<div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p>Discuss about awareness of other players</p> <ul style="list-style-type: none"> • Communicating they are ready to send/receive the ball • Awareness of other players – looking up • Avoiding other players – stepping around <p>Children into pairs and number themselves 1 and 2</p> <ul style="list-style-type: none"> • Number 1s to get a ball • All children to move around in the area at a slow jog • Decide on an indicator (holding up a cone or verbal command) • When the command is given (or cone held up) Children with a ball must send to any player without the ball • Children continue moving around the area sending and receiving the ball </div> <div style="width: 48%;"> <p>Children into teams of 5</p> <ul style="list-style-type: none"> • Teams to wear bibs to identify themselves <p>Set up 3 large pitches (Red – flat markers, Line – cones, Green – one team, Orange – One team, Arrow – direction the ball travels in, Hoop – Netball goal)</p>  <p>Rules</p> <ul style="list-style-type: none"> • Children must pass the ball to everyone on their team • Children cannot move with the ball at their feet except to pivot on one foot. • The opposite team can win the ball by interception • A goal is scored when a player puts the ball through the goal <p>Progress to children must send the ball within 5 seconds of receiving</p> <ul style="list-style-type: none"> • Rotate teams so everyone has the opportunity to play each other. </div> </div>	30 minutes
Cool Down	<p>Traffic lights</p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> • Green – Jog • Amber – jog on the spot • Red – stand still <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes

Date		Venue		Lesson No.	10
Numbers	30	Duration	45 minutes	Age Range	9-11 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Flat markers • Cones
Lesson Aims	<ul style="list-style-type: none"> • Develop awareness of opponents positioning within the area of play • Recognise space in their games and use it to their advantage, planning where to stand to make it difficult for opponents

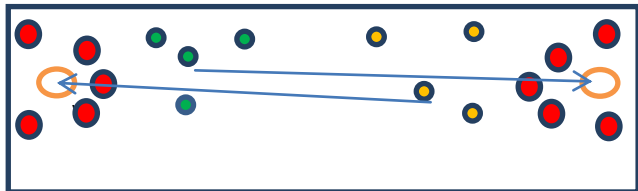
Lesson Content		Timings
Warm Up	<p>Mine...</p> <ul style="list-style-type: none"> • Spread the balls around the outside of the area – not enough for one each. • Children are to be given 5 lives. • Children to jog around the area. • Chose a signal to act on (holding up a cone or shouting go) • When signalled children are to run to a ball and hold it up • Children without a ball loose a life (Don't allow children to lose all their lives as it is important all children are kept active) 	5-7 minutes
Activities	<div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p>Teacher to demonstrate marking a child so they don't receive the ball</p> <ul style="list-style-type: none"> • Stand in front slightly to the side– so you can see them in your peripheral vision • Make a big shape – Arms out wide to knock the ball away • Be ready to move – knees slightly bent, on their toes • No contact – No contact must be made between the receiver and the marker <p>Children into pairs and number themselves 1, 2 and 3</p> <ul style="list-style-type: none"> • Child 1 and 2 put on the same coloured bib • Child 3 to wear a different colour • Number 1's to get a ball • Number two act as receiver • Number 3 to be the marker • All children to move around in the area at a slow jog • Decide on an indicator (holding up a cone or verbal command) • When the command is given (or cone held up) • Child 1 must attempt to send the ball to child 2 • Child 3 must mark child 2 to prevent them receiving the ball • Swap roll often so every child has been a marker </div> <div style="width: 48%;"> <p>Children into teams of 5</p> <ul style="list-style-type: none"> • Teams to wear bibs to identify themselves • Each child to identify a player on the opposing team to mark <p>Set up 3 large pitches (Red – flat markers, Line – cones, Green – one team, Orange – One team, Arrow – direction the ball travels in, Hoop – Netball goal)</p>  <p>Rules</p> <ul style="list-style-type: none"> • Children must pass the ball to everyone on their team • Children cannot move with the ball at their feet except to pivot on one foot • children must send the ball within 5 seconds of receiving • Person marking the child who receives the ball must drop back to allow them to pass • The opposite team can win the ball by interception • A goal is scored when a player puts the ball through the goal • Rotate teams so everyone has the opportunity to play each other choosing a person to mark in each team </div> </div>	30 minutes
Cool Down	<p>Traffic lights</p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> • Green – Jog • Amber – jog on the spot • Red – stand still <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes

Date		Venue		Lesson No.	11
Numbers	30	Duration	45 minutes	Age Range	9-11 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Flat markers • Cones
Lesson Aims	<ul style="list-style-type: none"> • Show an understanding of moving to screen the opposition from receiving the ball • Recognise the opportunity to intercept a pass and shield the opposition from creating space

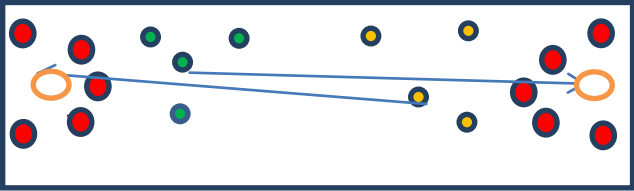
Lesson Content		Timings
Warm Up	<p>Mine...</p> <ul style="list-style-type: none"> • Spread the balls around the outside of the area – not enough for one each. • Children are to be given 5 lives. • Children to jog around the area. • Chose a signal to act on (holding up a cone or shouting go) • When signalled children are to run to a ball and hold it up • Children without a ball loose a life (Don't allow children to lose all their lives as it is important all children are kept active) 	5-7 minutes
Activities	<div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p>Teacher to demonstrate marking a child so they not receive the ball</p> <ul style="list-style-type: none"> • Stand in front of the play – blocks their vision of other players • Make a big shape – Arms out wide to knock the ball away • Mobile – knees slightly bent, on their toes moving where the sender is looking • No contact – No contact must be made between the receiver and the marker <p>Children into pairs and number themselves 1, 2 and 3</p> <ul style="list-style-type: none"> • Child 1 and 2 put on the same coloured bib • Child 3 to wear a different colour • Number 1's to get a ball • Number two act as receiver • Number 3 to mark the sender • All children to move around in the area at a slow jog • Decide on an indicator (holding up a cone or verbal command) • When the command is given (or cone held up) • Child 1 must attempt to send the ball to child 2 • Child 3 must mark child 1 to prevent them sending the ball • Swap roll often so every child has been a marker </div> <div style="width: 48%;"> <p>Children into teams of 5</p> <ul style="list-style-type: none"> • Teams to wear bibs to identify themselves • Each child to identify a player on the opposing team to mark <p>Set up 3 large pitches (Red – flat markers, Line – cones, Green – one team, Orange – One team, Arrow – direction the ball travels in, Hoop – Netball goal)</p>  <p>Rules</p> <ul style="list-style-type: none"> • Children must pass the ball to everyone on their team • Children cannot move with the ball at their feet except to pivot on one foot • Stick with the child you are marking – to prevent sending and receiving • Children must send the ball within 5 seconds of receiving • The opposite team can win the ball by interception • A goal is scored when a player puts the ball through the goal • Progress to sending the ball three seconds after receiving • Rotate teams so everyone has the opportunity to play each other choosing a person to mark in each team </div> </div>	30 minutes
Cool Down	<p>Traffic lights</p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> • Green – Jog • Amber – jog on the spot • Red – stand still <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes

Date		Venue		Lesson No.	12
Numbers	30	Duration	45 minutes	Age Range	9-11 years

Ability	Beginner	Intermediate	Advanced
		Yes	

Lesson Focus	Fundamentals of Movement	Fundamental Movement Skills	Fundamental Sports Skills
	Coordination	Travelling	Creative Movement

Safety Screening Notes	<ul style="list-style-type: none"> • Make sure area is clean and dry • Make sure everyone is wearing suitable clothing
Others Involved & Roles	<ul style="list-style-type: none"> • Apprentice depending on class ability – differentiate activities according to ability increase level/simplify
Resources Required	<ul style="list-style-type: none"> • Netballs • Flat markers • Cones
Lesson Aims	<ul style="list-style-type: none"> • Use a combination of sending and receiving skills in a game of netball • Defend effectively, slowing games down and making it hard for opponents to find space

Lesson Content		Timings
Warm Up	<p>Mine...</p> <ul style="list-style-type: none"> • Spread the balls around the outside of the area – not enough for one each. • Children are to be given 5 lives. • Children to jog around the area. • Chose a signal to act on (holding up a cone or shouting go) • When signalled children are to run to a ball and hold it up • Children without a ball loose a life (Don't allow children to lose all their lives as it is important all children are kept active) 	5-7 minutes
Activities	<p>Discuss as a class points to remember in a game of netball</p> <ul style="list-style-type: none"> • Marking • Finding space – working in triangles • Communication • Awareness of opposition and team mates • Different ways of sending • Receiving and securing the ball • Pivoting <p>Write these down and place where they can be viewed throughout the lesson (a small whiteboard would work well)</p> <ul style="list-style-type: none"> • Children into teams of 7 • Teams to wear bibs to identify themselves • Each child to identify a player on the opposing team to mark <p>Set up 2 large pitches (Red – flat markers, Line – cones, Green – one team, Orange – One team, Arrow – direction the ball travels in, Hoop – Netball goal)</p> 	30 minutes
Cool Down	<p>Traffic lights</p> <p>Children to travel around the area responding to commands given by a teacher (or peer)</p> <ul style="list-style-type: none"> • Green – Jog • Amber – jog on the spot • Red – stand still <p>Gradually decrease the speed of green until children are walking slowly around the area.</p>	5 minutes

