

NETBALL LESSON 1

Year 5 & 6

Learning Intention: *How can you perform a chest, shoulder and bounce pass in netball?*

Yr 5

I can pass a ball in a variety of ways with some control

I can pass a ball in a variety of ways with control

I can pass a ball with precision and control

Yr 6

I can pass a ball in a variety of ways with some control

I can pass a ball in a variety of ways with control

I can pass a ball with speed, precision and good control

EQUIPMENT:

15 size 4 netball balls

Throw-down spots

Throw-down feet

STARTER. 5 mins

When the children are getting changed, explain that they are going to be starting a new sport: netball. Ask if any of the class have played netball before. Learn a High 5 netball rule: **The throw-in:**

The **throw-in** is taken at the point where the ball crossed the line. Any player allowed in that part of the court may take the throw-in and must stand outside the court with **both feet behind the line**. When the player taking the throw-in has checked that all other players are on court, they must **release the ball within four seconds**.

WARM UP: 5 MINS - GEARS GAME

1 = walk, 2 = fast walk 3 = jog 4 = run fast

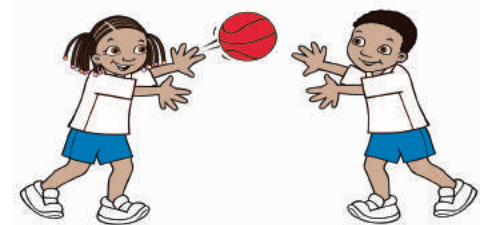
Traffic lights = run to a cone Potholes = jump over (key to the stride stop) Roundabout = side-step in circle

ACTIVITY 1: Chest, Bounce and Shoulder Pass (recap)

Q & A – What is important when throwing and catching a ball? See resource card/video for breakdown of skills.

Chest pass:

1. Pairs to stand on spots 2–3 metres apart.
2. Pairs to practise a chest pass.
3. Teacher to recap/model the key points of a chest pass.
4. Teacher can ask pairs to demonstrate good chest passes.
5. Chest pass challenge – how many passes can you do in 30 seconds?



Bounce pass:

1. Children to stand on a spot 2–3 metres apart.
2. Children in pairs to practise their bounce passes.
3. Teacher to now go through/model the key points of a bounce pass.
4. Bounce pass challenge – how many passes can you do in 30 seconds?



Q & A – What is important when you do the bounce pass?

Shoulder pass:

1. Children to stand on a spot 3–5 metres apart.
2. Children in pairs to practise their shoulder passes.
3. Teacher to now go through/model the key points of a shoulder pass.
4. Shoulder pass challenge – how many passes can you do in 30 seconds?



Q&A – What is important when you do the shoulder pass?

More able: Ensure they step into the pass.

Less able: Decrease the distance. Use throw-down feet to help with stance.

ACTIVITY 2: Pass and Move

1. Teacher to organise children into groups of 5/6.
2. Children to stand as shown in the diagram.
3. Child number 1 performs a chest pass to child 2; then child 1 runs to the back of the opposite queue. Children to remember "Pass and move".
4. Children continue to practise this drill.
5. Teacher can use as an example some groups who are working well, showing good **chest** passes.
6. Repeat the drill, this time with a **bounce** pass.
7. Repeat the drill, this time with a **shoulder** pass.



Child 1



Child 2

More able: Step into the pass.

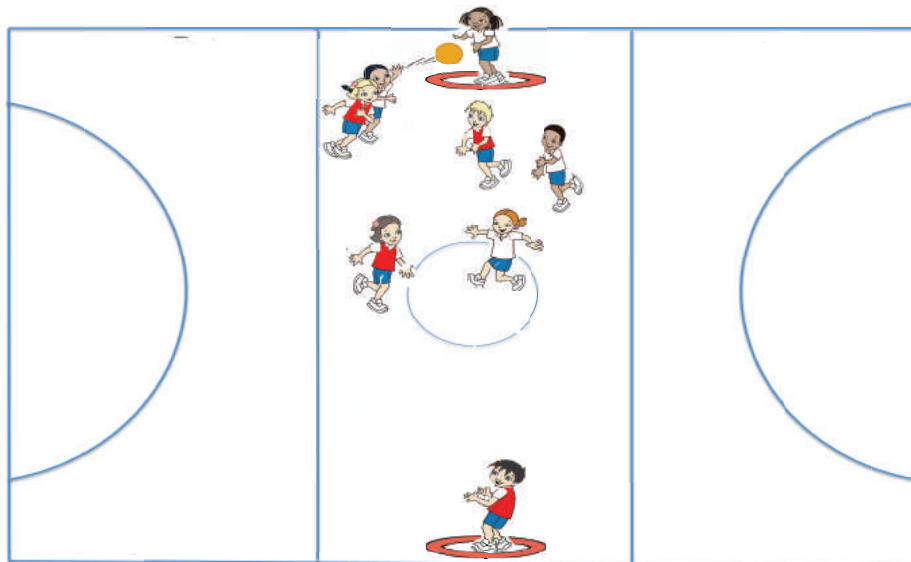
Less able: Decrease the distance.

Extension: Teacher can make it a competition: e.g. first team to perform 10 passes and sit down wins.

ACTIVITY 3: Superhero Netball (Extension or extra lesson)

1. Set up the court as shown in the picture.
2. Split the players into equal teams using bibs, with no more than 6 players in each team. Give each team a superhero name: e.g. Team Superman.
3. One player from each team must stand in the target circle at the end of the opposing team's half; swap this player during the game.
4. You score a point by throwing the ball into your superhero's hands (player in circle).
5. To score, the superhero must catch the ball without it bouncing.
6. Once the superhero has the ball in their hands they pass it to the opposing team so they can attack and try to score.
7. This game is non-contact – players can intercept but can not stand with arms up in front of their opponent
8. Players cannot run/move with the ball – to get the ball to the superhero the children have to pass the ball to each other.
9. Children only have 4 seconds holding the ball, then they must pass it to another player.
10. Players must be 1m away from the person with the ball.
11. When the ball goes out of play it is a free pass from the side of the court where it went out in favour of the appropriate team.

Teacher to also reward children for good chest, bounce and shoulder passes.



COOL DOWN

Children to follow a partner, jogging around slowly on the netball court.

PLENARY

Which passes have you learned today? What is important when passing a ball?