

BILSTON CHURCH OF ENGLAND PRIMARY



MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Netball	4	Spring 1	7 hours
<p>Key Vocabulary: Netball, court, hoop, jumping, throwing, catching, chest pass, bounce pass, shoulder pass, attacking, defending, marking, tactics, pivot.</p> <p>Knowledge: Pupils will be taught to:</p> <ul style="list-style-type: none"> - Begin to understand positioning and game tactics in order to win points. - Develop proper technique when passing in different ways. - Begin to compete against others. 				

Lesson Sequence	Time Allocation	Key Question/WALT	Teaching Activities	Resources
Lesson 1	1 hour	WALT develop movement off the ball and learn to pivot.	<p>Explain to children then will be looking at Netball this half term and be working their way up to playing matches.</p> <p>Warm up- Traffic light cones.</p> <p>Children must find a space. Red cone- Stop, Yellow cone- Walk, Green cone- Run. Hide the three cones behind back, showing one cone to the children who then follow the instruction.</p> <p>Eventually add in another coloured cone and get children to change direction.</p>	Cones

			<p>Stretch</p> <p>Main Activity- Explain to children that you cannot run with the ball in netball. Teach the footwork rule using 'Flip Flop technique.</p> <p>Children to jog around an area, when then hear the whistle they must stop and show the correct way to do footwork</p> <p>Progress this by teaching children how to pivot.</p> <p>Cool down- Jog/skip around area. Stretch, choosing different children to pick a stretch and discuss what they have learnt in the lesson.</p>	
Lesson 2	1 hour	WALT develop passing techniques	<p>Discuss with children what they had covered last week.</p> <p>Warm up- Children in spaces 1-Jog 2-Jump 3-Touch the floor. Shout out different numbers to get bodies warm. Add in 4- change direction later on during the game. Then stretch.</p> <p>Main Activity- Explain to children they will be looking at different passes used in netball. What passes do you already know about?</p> <p>Explore 3 different types of passes and when you would use these (bounce, chest and shoulder)</p> <p>Demonstrate the first pass pointing out key points to do them well.</p> <p>Get children in groups of 4 practising the pass.</p> <p>Do this with all 3 passes.</p> <p>Cool Down- Jog round area, slowing it down to a walk, stretch out and discuss lesson.</p>	<p>Netballs</p> <p>Cones (to cone off area)</p>

Lesson 3	1 hour	WALT To develop different passing techniques.	<p>Warm up- North, South, East, West. Children must run to the corresponding cone that has been called out. Stretch encouraging children to pick the stretches.</p> <p>Main Activity- Explain to children they will be putting the skills they have been taught together (Footwork and throwing and catching)</p> <p>In groups of 10, children will throw the ball to their team mate, then run to the end of the line until they end up at the front. First team to get back to the start wins.</p> <p>Cool Down- Jog/skip around area. Stretch, choosing different children to pick a stretch and discuss what they have learnt in the lesson.</p>	Cones Netballs
Lesson 4	1 hour	WALT To use quick reactions.	<p>Explain to children you need quick reactions in netball.</p> <p>Warm up- Children to pick different warm up exercises and stretches</p> <p>Repeat pass and move drill from lesson 3.</p> <p>Main Activity-Children in pairs with a cone. Cone must be in the middle of each pair and must be standing up straight with hands by their side. Teacher will shout out different body parts where they will have to put their hands. When teacher shouts cone, the children must be the first to pick up the cone.</p>	Cones

			Cool Down- Lie down on floor, relaxation for 30 seconds then stretch.	
Lesson 6	1 hour	WALT attack with a defender.	<p>Explore what defenders do with the children. What is their aim?</p> <p>Today children will be learning how to defend.</p> <p>Warm up- Jog around, teacher calls out a number, children to get into a group of that number as quick as they can.</p> <p>Main Activity- Piggy in the middle. Encouraging children to get their arms over the ball and to jump.</p> <p>Allow children to shoot in the net, with a defender standing in front of them.</p> <p>Cool down- Slow movements and ask children what they enjoyed about the session.</p>	<p>Cones</p> <p>Netball</p> <p>Netball posts</p>
Lesson 7	1 hour	WALT to apply knowledge to a game situation	<p>Children will develop skills into a small game.</p> <p>Warm up- Rats and Rabbits. In pairs, children will stand next to each other, one being a rat and one a rabbit. Teacher will call out Rat or Rabbit. Whoever is called must run to their safe zone first without the other catching them.</p> <p>Main Activity- 5v5 touching the side line for a goal. Children to throw and catch accurately, show an understanding of footwork and quick reactions to the game.</p> <p>Cool Down- Allow children to have a shooting competition and then perform slow movements and stretches.</p>	
