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| ***Class: YEAR 6*** |
| ***Lesson: NETBALL Positioning and understanding a game situation*** |
| ***Lesson Objective:***  TO UNDERTSAND THE GAME OF NETBALL |
| ***Resources: NETBALL, CONES, HOOPS, BIBS,*** |

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| ***Warm Up:***  Move around the area using different stretches. The stretches will be involved but are not exhaustive of- Jumping/Hopping/Touching knees (Dynamic Stretches)  **Coaching Points:**  ***Safety Points:***  **Area will be checked** |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  Technical Play  Go through the positions on a netball court  The role of each position-  Hand positioning while shooting  Technique while shooting  Shooting at different angles  Using different part of the hands  Different shooting from the semi-circle  Add a defender while showing  **Movement**  **Static**  **Fluid Movements**  **Coaching points:**  **Hand Position**  **Throwing position**  **Weight of throw**  **Movement**  **Static**  **Fluid Movements**  **Accuracy of throw**  **Weight of throw**  **Throw Variations**  ***Safety Points:***  **Listening**  **Safety Movements**  **Spatial Awareness** |
| ***Warm Down***:  **Movement around the area- Using various breathing techniques and static stretches**  **Coaching Points:**  ***Safety Points***: |
| ***Plenary:***  To understand the game of netball |

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| RED: Decrease the distance |
| AMBER:  STANDARD SESSION |
| GREEN: Increase the distance |