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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 PlayGo through the positions on a netball courtThe role of each position- Hand positioning while shootingTechnique while shootingShooting at different anglesUsing different part of the handsDifferent shooting from the semi-circleAdd 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 |