

# St John's Senior School



**Subject: Physical Education (Girls' Netball)**

**Form: 1-5**

**Term:**

**Autumn**

WEEK	TOPIC
1	1 <sup>st</sup> Form – Initial assessment and introduction to ball handling. 2 <sup>nd</sup> Form – Controlled ball handling 3 <sup>rd</sup> Form – No lesson (summer holidays) 4 <sup>th</sup> Form – Advanced ball handling/control and reaction time/movement to the ball 5 <sup>th</sup> Form – Advanced ball handling/control and reaction time/movement to the ball under pressure
2	1 <sup>st</sup> Form – Basic passing and receiving (chest, bounce, shoulder) stationary 2 <sup>nd</sup> Form – Reaction time and movement to the ball 3 <sup>rd</sup> Form – Ball handling with control and under pressure 4 <sup>th</sup> Form – Advanced controlled passing over short, mid and long distances 5 <sup>th</sup> Form – Advanced controlled passing over short, mid and long distances under pressure
3	1 <sup>st</sup> Form – Basic passing and receiving (chest, bounce, shoulder) pass and move 2 <sup>nd</sup> Form – Passing and receiving on the move 3 <sup>rd</sup> Form – Reaction time and movement to the ball under pressure 4 <sup>th</sup> Form – Advanced controlled catching whilst stationary, on the run and in the air 5 <sup>th</sup> – Advanced controlled catching whilst stationary, on the run and in the air under pressure
4	1 <sup>st</sup> Form – Introduction to footwork (static and pivoting) 2 <sup>nd</sup> Form – Passing and receiving on the move (under pressure and with some control) 3 <sup>rd</sup> Form – Passing and receiving on the move (under pressure and with control) 4 <sup>th</sup> Form – Advanced controlled footwork (stopping/landing, pivoting, on the move and stepping) 5 <sup>th</sup> Form – Advanced controlled footwork (stopping/landing, pivoting, on the move and stepping) under pressure
5	1 <sup>st</sup> Form – Introduction to attacking/outwitting an opponent (dodging) 2 <sup>nd</sup> Form – Footwork on the move 3 <sup>rd</sup> Form – Receiving and turning in the air and accuracy of the next pass 4 <sup>th</sup> Form – Advanced controlled successful dodging 5 <sup>th</sup> Form – Advanced controlled successful dodging under pressure
6	1 <sup>st</sup> Form – Introduction to defending (marking the ball and marking the player) 2 <sup>nd</sup> Form – Attacking under pressure (dodging - outwitting opponents/creating space/offering passing options) 3 <sup>rd</sup> Form – Advanced footwork skills 4 <sup>th</sup> Form – Advanced defending (to include marking player with and without the ball, shadowing, intercepting and zone defence) 5 <sup>th</sup> Form – Advanced defending (to include marking player with and without the ball, shadowing, intercepting and zone defence under pressure)
7	1 <sup>st</sup> Form – Introduction to shooting (attacking technique) and assessment 2 <sup>nd</sup> Form – Attacking (interceptions whilst stationary and on the move and toss ups) 3 <sup>rd</sup> Form – Advanced attacking (dodging) 4 <sup>th</sup> Form – Shooting (tactical play and stepping) and tactical play for rebounds (attack and defence) 5 <sup>th</sup> Form – Shooting (tactical play and stepping) and tactical play for rebounds (attack and defence) under pressure Decision making and tactical awareness (when to pass, shoot, dodge and what pass to make) Assessment (GCSE criteria/drills) Playing in a variety of positions.
8	2 <sup>nd</sup> Form – Defending (marking the ball and marking the player under pressure) 3 <sup>rd</sup> Form – Defending (denying space/delaying attacking players getting into the circle) 4 <sup>th</sup> Form – Decision making and tactical awareness (when to pass, shoot, dodge and what pass to make)
9	2 <sup>nd</sup> Form – Shooting (attacking under pressure and defending the shot) 3 <sup>rd</sup> Form – Recap centre pass tactics

	4 <sup>th</sup> Form – Decision making and tactical awareness (awareness of strengths/weaknesses of other players and adopt a variety of roles in attack and defence)
10	2 <sup>nd</sup> Form – Centre pass tactics (attack and defence marking) 3 <sup>rd</sup> Form – Back line set play tactics and reducing passes down the court 4 <sup>th</sup> Form – Decision making and tactical awareness (positions and organisation during tactical play/set pieces for attack and defence)
11	2 <sup>nd</sup> Form – Netball skills circuit 3 <sup>rd</sup> Form – Shooting (tactical movement when taking penalties and tactical attacking play in the circle) 4 <sup>th</sup> Form – Skills catch up/fitness
12	2 <sup>nd</sup> Form – Fitness session/skills catch up 3 <sup>rd</sup> Form – Netball skills circuit/fitness session 4 <sup>th</sup> Form – Skills catch up/fitness
13	2 <sup>nd</sup> Form – Skills catch up/recap weaker areas 3 <sup>rd</sup> Form – Skills catch up/recap weaker areas 4 <sup>th</sup> Form – Practice assessment (GCSE criteria/drills)

Throughout the units of work the following aspects should also be covered:

All year groups should understand and put into practice being ethical in sport, by understanding etiquette, sportsmanship, gamesmanship and deviance.

1<sup>st</sup>/2<sup>nd</sup> Form – Rules knowledge e.g. playing areas and positional roles, playing the ball, footwork, obstruction, contact, offside, scoring a goal, centre pass rules, over a third, out of court, sanctions and penalties awarded (throw ins, free pass, penalty pass/shot, toss ups)

3<sup>rd</sup> Form – Official scoring/time keeping

4<sup>th</sup> Form – Official umpiring (including hand signals)

5<sup>th</sup> Form – Leadership (and a continuation of official scoring and umpiring)