Activity Theme: Invasion Games - Modified Netball
Grade level: grade 5 and up

Activities:
Introduction games
  • Ice Cream game - to practice planting landing foot and pivoting (~5 mins.)
  • Cone-passing drill - to practice passing (~5 mins.)
Main game
  • Modified Netball - to combine learned skills of pivoting and passing (~20 mins.)
Cool down/stretches

Materials:
27 x netballs (modified: volleyballs)
12 x cones
24 x pinnies in 2 different colours (12x each colour for team grouping)

Formation:
Divide the class into 4 groups of 6 players.
Each group will have the following players:
  2 people who can shoot - SHOOTERS
  2 who defends - DEFENDERS
  2 who can go anywhere - CENTERS

NOTE: Actual game of netball has 7 players in each team.

Lesson Learning Outcome: Students will be able to demonstrate the netball principles of stopping after catching the ball, pivoting and respecting position boundaries, while participating in a modified game of netball.

Curricular Competencies (New curriculum for Physical Education, grades 4 & 5)
  • Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments
  • Apply a variety of movement concepts and strategies in different physical activities
  • Develop and demonstrate safety, fair play, and leadership in physical activities

Modified netball is geared to build on students’ physical, cognitive, and affective development of students through:
  • PHYSICAL - active participation in all activities using learned skills: landing and pivoting, passing.
  • COGNITIVE - individual understanding of game rules, proper footwork and passing form.
  • AFFECTIVE - effective communication between teammates and recognition of each member’s contributions.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
<th>Tips/Extensions</th>
<th>Rubric:</th>
</tr>
</thead>
</table>
| Ice Cream Game         | Students will move around the gym until a whistle is blown. On the whistle, students make a small leap and land on one foot, followed by the other. When the first foot lands, the students say “Ice!” and when the second foot lands they say “Cream!” | • Keep head up when moving around the gym to prevent collisions  
• Maintain balance when “jumping over a puddle”  
• Some students may need a visual cue for the leap; give a small hula hoop or a line to jump over  
• Extension: once students understand the footwork, add pivoting  
• Extension: give students each a netball, have them throw it to themselves and catch with proper footwork |         |
| Passing/Catching Drill | Students form two lines of 4 people each, facing each other. The first person in one line passes the ball to the first person in the facing line, as the receiver runs to a cone located ~5m away. The object of the activity is to receive the ball on the run and stop with proper footwork, as one would in a game | • Refer to posters on the wall for a reminder of the structure of the activity  
• Extension: once students can throw to a moving target and catch on the run, vary the direction the receiver runs in  
• For students who have difficulty catching while moving, have them receive the ball while stationary and perform the footwork in place |         |
| Modified Netball Game  | Teams of 6 play a modified netball game where the objective is to score the ball in the net. They must land with proper footwork and respect court boundaries according to their position. | • Refer to posters on the wall for reminder of which players can travel in which zones  
• Remind students it is a no-contact game  
• 6 players: 2 centres, 2 defenders, 2 shooters |         |
<p>| Cool Down              | Class forms a large circle with enough space to extend arms without touching neighbours. Teacher will lead some stretches while asking students about the lesson |                                                                                                                                  |         |</p>
<table>
<thead>
<tr>
<th>Criteria</th>
<th>Not yet meeting expectations</th>
<th>Meeting Expectations</th>
<th>Exceeding Expectations</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Passing</strong></td>
<td>The ball rarely travels in the intended direction; the ball rarely reaches the receiver.</td>
<td>The ball travels in the intended direction most of the time, the ball reaches receiver most of the time.</td>
<td>The ball always travels in the intended direction; the ball always reaches the receiver.</td>
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<tr>
<td><strong>Landing and Pivoting</strong></td>
<td>Consistently moving their landing foot before throwing the ball.</td>
<td>Most of the time keeping the landing foot stationary, while moving only the pivoting foot.</td>
<td>Always keeping the landing foot stationary, while moving only the pivoting foot.</td>
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<tr>
<td><strong>Making Space</strong></td>
<td>Usually running toward the ball.</td>
<td>Moving into empty spaces to have the ball passed to them.</td>
<td>Being creative moving into empty spaces, using agility to dodge defence.</td>
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<td><strong>Boundaries</strong></td>
<td>Ignoring boundaries.</td>
<td>Only accidentally crossing boundaries.</td>
<td>Never crossing boundaries.</td>
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<tr>
<td><strong>Sportsmanship/Team Work</strong></td>
<td>Not passing the ball to team members, not encouraging team members.</td>
<td>Usually passing the ball to team members, being encouraging to other team members.</td>
<td>Always passing the ball, encouraging team members, and showing positive leadership skills.</td>
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</tbody>
</table>

**Sources:**
Curricular Competencies:
https://curriculum.gov.bc.ca/curriculum/physical-health-education/4
https://curriculum.gov.bc.ca/curriculum/physical-health-education/5

“Ice Cream” Game:
http://www.sportplan.net/drills/Netball/Footwork/ICE-CREAM-netj007.jsp