

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/stretching

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

<https://curriculum.gov.bc.ca/curriculum/physical-health-education/4>

<https://curriculum.gov.bc.ca/curriculum/physical-health-education/5>

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.

Activity	Content	Learning/Safety Cues	Other Notes
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Ice Cream Game	<p>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!”</p>	<ul style="list-style-type: none"> • Keep head up when moving around the gym to prevent collisions • Maintain balance when “jumping over a puddle” 	<ul style="list-style-type: none"> • 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	<p>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</p>	<ul style="list-style-type: none"> • Refer to posters on the wall for a reminder of the structure of the activity 	<ul style="list-style-type: none"> • 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	<p>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.</p>	<ul style="list-style-type: none"> • Refer to posters on the wall for reminder of which players can travel in which zones • Remind students it is a no-contact game 	<ul style="list-style-type: none"> • 6 players: 2 centres, 2 defenders, 2 shooters
Cool Down	<p>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>		

Rubric:

Criteria	Not yet meeting expectations	Meeting Expectations	Exceeding Expectations
Passing	The ball rarely travels in the intended direction; the ball rarely reaches the receiver.	The ball travels in the intended direction most of the time, the ball reaches receiver most of the time.	The ball always travels in the intended direction; the ball always reaches the receiver.
Landing and Pivoting	Consistently moving their landing foot before throwing the ball.	Most of the time keeping the landing foot stationary, while moving only the pivoting foot.	Always keeping the landing foot stationary, while moving only the pivoting foot.
Making Space	Usually running toward the ball.	Moving into empty spaces to have the ball passed to them.	Being creative moving into empty spaces, using agility to dodge defence.
Boundaries	Ignoring boundaries.	Only accidentally crossing boundaries.	Never crossing boundaries.
Sportsmanship/ Team Work	Not passing the ball to team members, not encouraging team members.	Usually passing the ball to team members, being encouraging to other team members.	Always passing the ball, encouraging team members, and showing positive leadership skills.

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>