

Physical Education

Level 3

Topic:	Indoor Games
Sub-Topic:	Netball
Overview:	<p>This practical unit is designed to develop the understanding of different indoor activities we focus on in PE. This particular sub-topic will focus on Netball. Students will explore and develop a number of different skills, techniques and tactics that will allow them to be successful in Netball. They will learn about the rules and conventions within the game including etiquette and fair play. As well as the development of physical skills, there is an emphasis on the students' holistic development (physical, mental, social and emotional).</p>
Content:	<p>Technical Skills - Through the teaching of the technical skills the following aspects will be considered:</p> <ul style="list-style-type: none">• Speed, power and accuracy• Weight and angle• Timing and control• Direction, flight and trajectory• Deception and disguise• Appropriate decision making/options during game play• Attacking and defensive options <p>Shooting</p> <ul style="list-style-type: none">• Shooting within the semi-circle• Positions that can shoot - goal attack/goal shoot• 2 hands on the ball• Ball above head• Bent knees• Extend on push up <p>Passing</p> <ul style="list-style-type: none">• Chest pass• Bounce pass• One hand pass• Overhead pass• Lob pass• Use of fingertips• Transfer of weight when passing <p>Footwork</p> <ul style="list-style-type: none">• Pivot• Jump stop/catch• 1,2 step• Dodge and feint <p>Defence</p> <ul style="list-style-type: none">• Arms over• On toes• 1 metre rule• Shadow and staying with opponent (marking)• Stage 1 - Marking and denying space• Stage 2 - Pressurising the pass and interceptions

	<p>Decision Making (With/without possession)</p> <ul style="list-style-type: none"> • Exploring different decisions in multiple scenarios • Explore all possible options • Identification of best option in multiple scenarios • Execution of best option <p>Social Development</p> <p>Communication</p> <ul style="list-style-type: none"> • Verbal • Non-verbal <p>Cooperation</p> <ul style="list-style-type: none"> • Working with others • Knowledge of roles - staying within your zone <p>Tactical Development</p> <ul style="list-style-type: none"> • Positions - goal keep, goal defence, wing defence, centre, wing attack, goal attack, goal shoot • Roles and responsibilities • Width/depth • Set piece • Set plays <p>Rules</p> <ul style="list-style-type: none"> • Formal rules - held ball, offside, footwork, obstruction, contact, 1m rule • Informal rules (etiquette) • Safety • Officiating the games
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Indoor Games (Basketball, Netball)

Level 3

Significant Aspects of Learning

