

| Topic: <u>Physical Education – Netball – Year 7</u> | | Duration: 6/7 Weeks Permitted in Term | Composite: Uptake of knowledge via observation of skills. |
|---|--|---|--|
| Key vocabulary: | Core knowledge Components | Powerful knowledge components crucial to commit to long term memory | Links to previous and future topics |
| <p>Pass Accurate Timing Power Bounce Chest Shoulder</p> <p>Receive Aware Alert Focussed Vision Signal Shout</p> <p>Footwork Balance Stability Rule 'Free pass'</p> <p>Pivot Turn Spin</p> | <p>Passing: -A pass is the main way of getting the ball down the netball court to the hoop to score. -Passes have to be accurate and arrive to their destination without interception -Three main types of pass are bounce, chest and shoulder, although chest is the most common. -Chest – Step into the pass to apply power to the pass, hands in a W position behind the ball with elbows tucked in. -Bounce – Same as the chest pass but aim for the ground roughly 2m in front of the player you are passing to. -Shoulder - Take the ball in one hand, the hand under the ball, use the other hand to aim in the direction of the pass, push the ball from your shoulder in an upwards motion following the guide of your hand. -Timing and accuracy are vital to ensure the pass is made effectively.</p> <p>Receiving: -Hands should be at centre of the body in the 'ready position' -Vision should always be on the ball as it is coming towards you. - You should usually be on the move when you receive the ball, trying not to break the 'footwork' rule. (Ready ahead for this) - A signal can be used to ask for the ball in the direction of the way you are moving. - A signal should also be accompanied by a should. -'MOVE, SIGNAL.SHOUT' idea.</p> <p>Footwork: -You must not ever move with the ball in netball, if you move with the ball in netball this is referred to as 'footwork' and the other team will receive a free pass. -You must not move the landing foot whether it be your left, or your right. -You can place down your one non landing foot and land – "1-2" - You can also choose to land '2' with both feet at the same time.</p> <p>Pivot: - You may spin/turn on your landing foot to face a different direction eg. Another player, the post or the middle of the court. -You can always pivot to turn away from the defender. - "Ice cream – sprinkles, sprinkles, sprinkles"</p> | <p>-Hands in a 'W' position behind the ball. -Three main types of pass; chest, shoulder and bounce. -Power into the pass making sure it gets to the destination</p> <p>-Watch the ball as it comes towards you. -On the move when you receive the ball. -Call out and signal for the ball in the direction you are travelling.</p> <p>-Do not move with the ball. -The landing foot must not be placed again other than when it first touches the ground. -This is called 'footwork'</p> <p>-You can turn on your landing foot, this is called 'pivoting' - Pivot so you face the person or direction you will be passing or shooting in next. - This foot must not be lifted and placed again, this is footwork.</p> | <p>Links to Receive and Shooting based on techniques.</p> <p>Link to throwing sports such as rounders, cricket due to aim and accuracy idea.</p> <p>Links to other catching sports such as rounders, basketball.</p> <p>Some link to badminton referring to 'ready position'.</p> <p>Link to dance choreography being in control of placing one foot at a time.</p> <p>Again, link to artistic sports by almost practicing a routine, jump, land 1-2, then pivot. This will be taught in isolation before moving on.</p> |

| | | | |
|--|---|---|---|
| <p>Marking</p> <p>Meter Obstruction Rule Umpire Penalty</p> | <p>Marking:</p> <p>-To stop the other team from getting the next pass you can ‘mark’ them. This involves staying and close to them as possible when they haven’t got the ball. And 1m away from them when they do. You can do this with your arms up trying to block the shot or pass.</p> <p>- If you are too close to the defender then you will be called up by the umpire for ‘obstruction’ this means you are less than 1m away when they have the ball. This will mean you have to give them a penalty pass.</p> <p>- A penalty pass is where you stand by their side until the shot is made, you must not move or talk.</p> | <p>-Your main aim is to stop the other team from passing the ball to each other.</p> <p>- You must make sure you are meter away from the player when they have the ball – if not this is called obstruction.</p> <p>- An obstruction results in a penalty pass where you stand by the side of any nominated player until the pass is made.</p> | <p>Link to other invasion games where 1v1 marking is shown.</p> |
| <p>Dodge:</p> <p>Ready Alert Space</p> | <p>Dodging:</p> <p>-Remain on your toes at all times, alert and ready to move.</p> <p>- Try to trick the person trying to follow you and do what you can to get into space.</p> <p>- You must not physically contact them.</p> <p>- You main aim is to get into space to receive the ball.</p> <p>- Slowly introduce dodge, double dodge, and front cut (if ready).</p> <p>-When in the space use your signal, and shout!</p> | <p>-The aim of dodging is to get in to space to receive the ball.</p> <p>- This can be done in a variety of ways, but you must not contact the player when doing so.</p> <p>- Move, signal, shout!</p> | <p>As above.</p> |
| <p>Outwit</p> <p>Trick Feign Demonstrate</p> | <p>Outwitting the Opponent:</p> <p>-When placed in a competitive situation pupil must understand that the dodge is used to get free from an opponent. Whilst one player is trying to ‘dodge’ the other is ‘marking’.</p> | <p>-Usually in a game of netball play is 1v1 but players may switch who is ‘marking’ you when they like as long as you stay in your positional area.</p> | <p>As above.</p> |
| <p>Shoot</p> <p>Accurate Aim Power Technique</p> | <p>Shooting:</p> <p>-Goals are the way to win the game in netball.</p> <p>-You may only shoot from within the ‘d’ or semi-circle.</p> <p>-The only players that can shoot are the GA & GS</p> <p>-You must not catch the ball if it doesn’t ‘rebound’ off the post’</p> <p>-Use the BEEF technique.</p> | <p>-Shoot from the D only.</p> <p>-Only GA & GS can shoot.</p> <p>-You cant catch a rebound if it doesn’t touch the post first.</p> <p>-BEND, ELBOW, EXTEND, FOLLOW THROUGH.</p> | <p>Aim and accuracy sports.</p> |
| <p>Gameplay:</p> <p>Position Rule Obstruction Footwork Contact Relaying Offside</p> | <p>Gameplay</p> <p>-Basic Rules and Knowledge of the Game.</p> <p>- 7V7 game.</p> <p>- List of the positions involved GS, GA, WA,C,WD,GD,GK.</p> <p>- Basic understanding of areas permitted.</p> <p>- Contact, Obstruction, Footwork, Relaying , Offside Rule Knowledge</p> <p>-An attempt to play 7v7 game whilst sticking to set position.</p> | <p>-7V7 game played with 2 teams.</p> <p>-list of positions.</p> <p>-Must stick to set areas.</p> <p>-If not this is offside.</p> <p>-Game starts with a centre pass, then alternate centre passes thereafter.</p> | <p>Any links of rules with other sports that are similar?</p> |

| Topic: <u>Physical Education – Dance – Year 7</u> | | Duration: Between 6 & 8 Lessons Per Year. | Composite: |
|---|--|---|--|
| Key vocabulary: | Core knowledge Components | Powerful knowledge components crucial to commit to long term memory | Links to previous and future topics |
| Theme Cop/Replicate Body language Movement Gesture Freeze/Still Image Action Reaction Performance Interact Positive Negative Action Reaction Stable Firm Wide base Solid stance Perform Display Focus Confidence Audience Feedback Critique Positives Areas of Development Bollywood | <p><u>Theme 1: Friendships and Enemies Basics</u></p> <ul style="list-style-type: none"> -Body language is the main indicator in dance of thoughts and feelings. -We express our attitudes and opinions through movements that display these. -Dances are intended to tell stories, we must be able to understand this and notice what is going on and the 'story intended'. - Understand and demonstrate a range of 'gestures' that suggest we are friends. -Understand and demonstrate a range of 'gestures' that suggest we are enemies. -Use these gestures and movements in isolation. - In dance we show action, then another dancer's re-action to what is happening on stage. <p><u>Gestures & Body Language</u></p> <ul style="list-style-type: none"> -A gesture is a nonverbal signal of interaction. -Know and demonstrate a range of different positive interactions – wave, smile, thumbs up, hug, pat on back, high five, hip touch, chest bounce etc. - Know and demonstrate a range of different negative interactions – turn back, frown, square up, sneer, threaten, barge, cower, avoid etc. <p><u>Balance and Counter Balance</u></p> <ul style="list-style-type: none"> -The basics of what makes a stable balance, wide base, firm grip, communication, locked on legs, wrapped arms. - A range of different partner balances, table top, trust hold, arm to arm. - Combine into a sequence with a balance and four positive interactions. <p><u>Sequencing, linking moves and performance</u></p> <ul style="list-style-type: none"> -Remember and attempt to use a variety of different transitional moves such as jumps, turns, transitions locomotion and freezes. -Piece together a five move routine including a balance and four interactions. - Understand that there are transitional moves that help us piece move to move. - Can the audience interpret the theme and if the interactions are those of friends or enemies. <p><u>Review, Reflect and Respond</u></p> <ul style="list-style-type: none"> -Understand that we are to critique others performances suggesting areas of improvements and strengths. - Be able to give feedback in the correct manner that focuses on positives rather than negatives. - Put feedback into action and act to feedback based improvements. <p><u>Theme Two: Bollywood Theme</u></p> <ul style="list-style-type: none"> -Understanding that Bollywood is a theme of dance often used within Indian Movies. | <p>Body language is the main indicator in dance of thoughts and feelings.</p> <p>-We express our attitudes and opinions through movements that display these.</p> <p>-Dances are intended to tell stories, we must be able to understand this and notice what is going on and the 'story intended'.</p> <p>-A gesture is a nonverbal signal of interaction.</p> <p>-Know and demonstrate a range of different positive interactions – wave, smile, thumbs up, hug, pat on back, high five, hip touch, chest bounce etc.</p> <p>- Know and demonstrate a range of different negative interactions – turn back, frown, square up, sneer, threaten, barge, cower, avoid etc.</p> <p>-The basics of what makes a stable balance, wide base, firm grip, communication, locked on legs, wrapped arms.</p> <p>Dances are linked with transitions which can be jumps, turns, transitions, locomotion and freezes.</p> <p>Understand that we are to critique others performances suggesting areas of improvements and strengths.</p> <p>- Be able to give feedback in the correct manner that focuses on positives rather than negative</p> <p>Bollywood dance originates from India and is a fusion of other dance styles.</p> | |

| | | | |
|---|---|--|--|
| <p>Indian Gesture Bhangra High Energy</p> | <ul style="list-style-type: none"> - The understanding that Bollywood is a dance which is based on other dances such as modern jazz, belly-dancing, and western pop. - Bollywood dance tells a story which is usually a theme of romance or friendship. - Beneath Bollywood dance is a traditional variety of dancing and gestures which have a historic placing in Indian. Students may have heard of 'Bhangra' dancing. - Hand symbols and gestures are very important and feature in nearly all dances. - Students will attempt to replicate a piece of authentic Bollywood dance. | <ul style="list-style-type: none"> - Bollywood is also a name for some Indian movies that involve music, and dancing. - Dances are high energy, and can be individual or group dances. | |
| <p>Hastas Peacock Flag Half Moon Scissors Peak Fist</p> | <p><u>Hand Movements</u></p> <ul style="list-style-type: none"> -These are hand movements that act as a form of sign language to help to tell a story or demonstrate themes such as weather, animals or places. -One or both hands can be used to tell the story of the dance, this links which region of India the dance originates from. -Fist, peacock, half moon, flag, scissors and peak of the mountain should all be shown and attempt made to replicate in dance. - Hand movements are called 'hastas'. | <p>Hand gestures help us tell the story we are trying to portray. There are six hand gestures that are commonly found in Bollywood dance.</p> <p>-These are called hastas.</p> | |
| <p>Side to Side Front and Back Emotion Facial Expression Repetition.</p> | <p><u>Head and Neck Movements</u></p> <ul style="list-style-type: none"> -Side to side, and front to back head 'bops' are very common in Bollywood. -This takes a large amount of co-ordination to complete this which continuing to do the dance steps. - The head movements help show emotion within the dance | <ul style="list-style-type: none"> -Head movements help with portraying emotion to the audience. -The most common in Bollywood dance is 'side to side' and 'front and back' repeated movements. | |
| <p>Nritta Abhinaya Storytelling Emotion</p> | <p><u>Use of face/Facial Expressions</u></p> <ul style="list-style-type: none"> -Classical Indian dance incorporates two basic elements - abhinaya (expression) and nritta (pure dance). -Image caption Make-up accentuates facial expressions -Nritta is displayed through rhythms and physical movements to musical phrases - it is dance in its purest form. -Abhinaya is rooted in expressions and emotions, and aims to bring life to the story behind the dance. Facial expression and eye movements are essential components. The emphasis in Indian dance is about storytelling and expressions contribute to that. - Ability to show eyes following hands. | <p>Bollywood is a combination of expression and dance.</p> <p>-Music and rhythm help with this to portray the emotion behind the dance.</p> | |
| <p>Proud Confident</p> | <p><u>Performance Skills</u></p> <ul style="list-style-type: none"> -No talking, no laughing, carry on if you go wrong, head up, be proud. | <p><u>Performance Skills</u></p> <ul style="list-style-type: none"> -No talking, no laughing, carry on if you go wrong, head up, be proud. | |
| <p>Extension Timing Frozen</p> | <p><u>Technical Skills</u></p> <ul style="list-style-type: none"> -Good extension, good timing, frozen end and start position | <p><u>Technical Skills</u></p> <ul style="list-style-type: none"> -Good extension, good timing, frozen end and start position. | |