


Learning Plan 1		Subject/Pwnc: Health and Wellbeing (PE) Netball		Year/Blwyddyn: 7			
<p><u>The Four Purposes in Health and Wellbeing:</u></p> <p>Ambitious, capable learners, who: set themselves high standards; seek and enjoy challenge; ask questions; enjoy solving problems; use number effectively in different contexts; interpret data and apply mathematical concepts.</p> <p>Enterprising, creative contributors, who: connect and apply their knowledge and skills to generate ideas; think creatively to solve problems; identify and grasp opportunities; take measured risks; lead and play different roles in teams effectively; give of their energy and skills so that other people will benefit.</p> <p>Ethical, informed citizens, who: find, evaluate and use evidence in forming views; consider the impact of their actions; know about their culture, community, society and the world.</p> <p>Healthy, confident individuals, who: build their mental and emotional well-being; are confident, resilient and empathetic; apply knowledge about the impact of diet and exercise on physical and mental health in their daily lives; take part in physical activity; have the confidence to participate in performance; form positive relationships based upon trust and mutual respect; face and overcome challenge; develop skills and knowledge to manage everyday life.</p> <p>Knowledge focus/what matters: Enhancing a range of oracy, analysis and evaluation skills across different invasion games.</p>							
Learning objective/key question		What will I know and be able to do? I can...		How will I develop my skills? (Success Criteria)			
Week 1 8/9/25 Netball – Passing / Pasio		<ul style="list-style-type: none">Identify key terms related to netball passing and receiving.Explain the importance of a warm-up.Demonstrate the different types of netball passing effectively.Evaluate own and peers’ performance.Suggest improvements for improving own or peers’ passing (feedback).		<ul style="list-style-type: none">I can recall a list of different passes in netball.I can use oracy skills to describe why a warm-up is important.I can confidently demonstrate effective passing in practice.I can use analysis and evaluation skills on my own and peers’ performance.I can construct suggestions for improvements for my own and peers’ passing techniques.			
Week 2 15/9/25 Netball – Footwork / Troedwaith		<ul style="list-style-type: none">Understand the footwork rule.Accurately demonstrate the footwork rule.Analyse their peers’ performance based on footwork rule.		<ul style="list-style-type: none">I can explain and accurately describe the different rules applied to the footwork rule.I can transfer this knowledge and demonstrate the footwork rule to others.I can set a personal goal at the start of the lesson and at the end of what elements of the footwork rule I need to improve.			
		Wk 1		Homework: Research key teaching points of the footwork rule in netball			
				Set:8/9/25			
				Due:15/9/25			
		Wk 2		Homework: What is dodging in netball and what are the different types of dodging?			
				Set:15/9/25			
				Due:22/9/25			

<p>Week 3 22/9/25 Netball – Dodging / Osgoi</p>	<ul style="list-style-type: none"> • Describe what dodging is and its importance is in netball. • Demonstrate different dodging techniques. • Analyse and evaluate their own dodging performance. 	<ul style="list-style-type: none"> • I can recall and explain at least 3 types of dodging from my homework. • I can demonstrate the different types of dodging correctly and safely. • I can set a personal goal before demonstrating a dodge (e.g. sprint in one direction without stopping) and reflect after the demonstrating whether I achieved my goal, identify what went well (strengths) and what needs work (areas for improvement). 	<p>Wk 3</p>	<p>Homework: Watch a netball game on Youtube.</p> <p>Set:22/9/25</p> <p>Due:29/9/25</p>
<p>Week 4 29/9/25 Netball – Shooting / Saethu</p>	<ul style="list-style-type: none"> • Recall the different areas each position can play in • Apply and demonstrate shooting using key teaching points. • Analyse a shot, as well as, providing feedback. 	<ul style="list-style-type: none"> • I can confidently explain which areas of the court each player can play in (e.g. a centre can play in all areas apart from the two shooting D's). • I can explain how to carry out an accurate shot at goal. • I can demonstrate correct form shooting using the correct hand grip, stance, position of arms, legs and the movement required to follow through for a successful shot. • I can self-evaluate my performance using digital resources (ipad). • I can confidentially create a tally chart to record a partners success rate shooting. 	<p>Wk 4</p>	<p>Homework: Create a list of all the key points regarding defending in netball.</p> <p>Set:29/9/25</p> <p>Due:6/10/25</p>
<p>Week 5 6/10/25 Netball – Marking / Amddiffyn</p>	<ul style="list-style-type: none"> • Recall the key teaching points for defending. • Apply and demonstrate the key teaching points for defending in practice. • Analyse peers' defence techniques. 	<ul style="list-style-type: none"> • I can explain how to carry out the different defensive techniques whilst marking a person with and without the ball, man-to-man, marking a zone, intercepting and blocking. • I can demonstrate some/most/all of these defensive techniques in a drill. • I can analyse and evaluate my peers' that are demonstrating the best defensive techniques within the class with evidence to support. • I can confidentially apply some/most/all of these defensive techniques within a competitive situation. 	<p>Wk 5</p>	<p>Homework: Identify WWW with regards to their whole netball performance and also EBI.</p> <p>Set:6/10/25</p> <p>Due:13/10/25</p>
<p>Week 6 13/10/25 Assessment Week</p>	<ul style="list-style-type: none"> • Understand the importance of assessing within a game situation. • Apply and demonstrate the knowledge and understanding so far in the unit. • Analyse their own performance 	<ul style="list-style-type: none"> • I can recall and describe different passes, footwork, dodging, shooting and defending. • I can demonstrate the above within a competitive situation. • I can evaluate my own performance using digital resources (ipad) and set a personal goal (EBI) ready for the final assessment lesson next week. 	<p>Wk 6</p>	<p>Homework: Practice this goal at home.</p> <p>Set: 13/10/25</p> <p>Due:20/10/25</p>
<p>Week 7 20/10/25 Assessment Week</p>	<ul style="list-style-type: none"> • Apply the personal goal set from last week. • Demonstrate improved performance in this activity. 	<ul style="list-style-type: none"> • I can explain and record what my WWW and EBI within the netball game (Summary). 	<p>Wk 7</p>	<p>Homework:</p> <p>Set:</p> <p>Due:</p>