


Learning Plan 1		Subject/Pwnc: Health and Wellbeing (PE) Netball		Year/Blwyddyn: 9			
<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)		Homework/Gwaith cartref to support progress			
Week 1 8/9/25 Netball – Recap Passing, Receiving and Footwork (Yr 7 work)	<ul style="list-style-type: none">Recall key terms related to netball passing, receiving and footwork.Recall the different stages of a warm-up, as well as, explain its importance.Demonstrate the different types of netball passing effectively, stationary and whilst moving in to space.Develop accuracy, control and consistency in passing, receiving and applying the footwork rule.	<ul style="list-style-type: none">I can recall a list of different passes in netball, the different stages of a warm up, as well as, key elements of the footwork rule.I can use oracy skills to describe why a warm-up is important.I can confidently demonstrate effective passing, receiving and footwork in a practical way.		Wk 1 Homework: Research fun warm-up activities, as well as, skill drills to further develop the passing and footwork in your class (to be delivered to a small group). Set:8/9/25 Due:15/9/25			

<p>Week 2 15/9/25 Netball – Precision in passing / footwork</p>	<ul style="list-style-type: none"> • Demonstrate leading a successful warm. • Create drills to further develop their passing / footwork. • Administrate the running and organising of the games. • Analyse their own performance based them leading a small group. 	<ul style="list-style-type: none"> • I can lead a successful warm up, to include a pulse raising activity, skill drills, followed by a mini game that focuses on that skill. • I can recall my ideas from my homework and successfully attempt to deliver within a small group. • I can set a personal goal at the start of the lesson and at the end regarding my leadership skills (e.g. I will need to ensure I use clear loud voice for all to hear). 	<p>Wk 2</p>	<p>Homework: Research fun warm-up activities, as well as, skill drills to further develop dodging, marking and shooting in your class (to be delivered to a small group).</p> <p>Set:15/9/25</p> <p>Due:22/9/25</p>
<p>Week 3 22/9/25 Netball – Dodging / Marking and Shooting</p>	<ul style="list-style-type: none"> • Demonstrate leading a successful warm. • Deliver drills to further develop their dodging, marking and shooting. • Administrate the running and organising of the games. • Analyse peers' performance based on them leading a small group. 	<ul style="list-style-type: none"> • I can lead a successful warm up, to include a pulse raising activity, skill drills, followed by a mini game that focuses on that skill. • I can confidentially deliver/lead a part of the lesson that focuses on developing dodging, marking or shooting in a small group. • I can evaluate a peers' session leading a drill on one of the above skills and reflect on their WWW and EBI (e.g. WWW – They demonstrated clearly so we understood what we had to do, EBI – the pace of the session was too slow). 	<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 – Further develop marking</p>	<ul style="list-style-type: none"> • Apply and demonstrate marking a player closely and intercepting the ball. • Develop the understanding of what marking a space/zone is and how to block a pass. • Analyse a peers' performance defending. 	<ul style="list-style-type: none"> • I can explain how to mark a person up closely, as well as, give coaching points on a successful interception. • I can demonstrate the demonstrate some/most or all of the above. • I can self-evaluate my performance using digital resources (ipad), focusing on evaluating my marking skills. • I can observe and record a defender and their success rate defending the ball/player. 	<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 – Further develop</p>	<ul style="list-style-type: none"> • Recall the different areas each position can play in • Develop and discuss the understanding of a balanced court. 	<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 what is meant by a balanced court (e.g. using opposite sides of the court). 	<p>Wk 5</p>	<p>Homework: Identify WWW with regards to their whole netball performance and also EBI.</p>

positioning on the court	<ul style="list-style-type: none"> • Apply and demonstrate the ability to open up space on a court. • Explain where different players should be at different phases of the game. • Discuss strategies of avoiding a 'dead ball' within the game. • Develop the understanding of a re-played ball. 	<ul style="list-style-type: none"> • I can demonstrate what a rebound is to avoid the ball being 'dead' (e.g. after an unsuccessful shot, scooping the ball back in to possession before the ball hits the ground and therefore having another attempt at goal). • I can explain where a player should be in a particular phase of a game (e.g. where a GS should be positioned when the ball is in attack in their goal third). • I can successfully demonstrate a re-bound ball which keep the flow of the game going. • I can confidentially demonstrate what a re-played ball is. 		Set:6/10/25 Due:13/10/25
Week 6 13/10/25 Assessment Week	<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, describe and demonstrate some/most/all of the key teaching points in this unit. • 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. 	Wk 6	Homework: Practice this goal at home. Set: 13/10/25 Due:20/10/25
Week 7 20/10/25 Assessment Week	<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). 	Wk 7	Homework: Set: Due: