

# Phys. Ed. Lesson Plan

<b>Materials/ Equipment:</b> <b>4 basketballs on 2 courts marked for netball, playground balls or gator balls, marked jerseys, whistles</b>	<b>Unit: Netball      Lesson #: 1</b>  <b>Dates: December Teacher: Seidl</b>
	<b>Essential Question: What is the history of Netball and how do you play it?</b>
<b>Activating Strategies:</b> <b>1)History 2)Review questions 3) Star Drill 4) Tournament Team Names</b>	<b>Teaching Strategies/Outline:</b>  <b>I. History- how USA women started playing. Played in ? mostly by women</b> <b>II. Court (draw on board)</b> <b>A. Sidelines (long lines), Goal or back lines (short lines)- out of bounds use throw-in</b> <b>B. Centre Circle (in centre of court about 1 ft diameter)- used to start play after goal or beginning of game/quarter</b> <b>C. Shooting/Goal Circle (50 ft half circle round goal)- where shooting takes place, 1 pt per shot!</b> <b>D. Goals- have no backboards (if ball touches backboard it considered out of play</b> <b>III. Positions (draw on board and on court see attached sheet)</b> <b>A. On court students move to the area on the court where they our allowed when I call the position at do an action</b> <b>B. Player to Mark Tag- Tag partner with bean bag on whole court (then only in area of play for certain positions)</b> <b>IV. Passing-</b> <b>A. Star drill in groups of 5, use poly spots, pass to player not by you, make groups 6-7</b>
<b>State Standards:</b>	
<b>Notes/Safety:</b>	
<b>Summarizing Strategy: Review Positions</b>	

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<b>Materials/ Equipment:</b> <b>4 basketballs on 2 courts marked for netball, playground balls or gator balls, marked jerseys, whistles, basketballs</b>	<b>Unit: Netball      Lesson #: 2</b>  <b>Dates: December Teacher: Seidl</b>
	<b>Essential Question: What is the history of Netball and how do you play it?</b>
<b>Activating Strategies:</b> <b>2)Review questions 3) Star Drill 4) Tournament Team Names</b>	<b>Teaching Strategies/Outline:</b> <b>I. Court</b> <b>A. On court students move to the area on the court where they our allowed when I call the position at do an action</b> <b>B. Player to Mark Tag- Tag partner with bean bag on whole court (then only in area of play for certain positions) 3 feet with ball</b> <b>li. Passing-</b> <b>A. Star drill in groups of 5, use poly spots, pass to player not by you, make groups 6-7 in the end</b> <b>B. Review passes (chest, bounce, overhead) and do Alternate pass- use 2 balls one player with ball lines up across from 4-6 others #1 starts with ball-extra player passé to #2 and catches #1 pass then continue.</b> <b>iii. Shooting</b> <b>A. 4 players in Semi-circle and one offense extra is the centre to throw in, 2 offense and 2 defense, winning team stays other team switches with extras</b> <b>IV. Play</b> <b>A. Start in centre</b> <b>B. Foul- 20 jumping jacks called by ref</b>
<b>State Standards:</b>	
<b>Notes/Safety:</b>  <b>Extra players are the referees.</b>	
<b>Summarizing Strategy: Review Positions</b>	

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<b>Materials/ Equipment:</b> <b>4 basketballs on 2 courts marked for netball, playground balls or gator balls, marked jerseys, whistles, basketballs</b>	<b>Unit: Netball      Lesson #: 3-4</b>  <b>Dates: December Teacher: Seidl</b>
<b>Activating Strategies:</b> <b>3) Star Drill 4) Tournament Team Names</b>	<b>Essential Question: What is the history of Netball and how do you play it?</b>
<b>State Standards:</b>	<b>Teaching Strategies/Outline:</b> <b>I. Passing-</b> <b>A. Star drill in groups of 5, use poly spots, pass to player not by you, make groups 6-7 in the end</b> <b>B. Review passes (chest, bounce, overhead) and do Alternate pass- use 2 balls one player with ball lines up across from 4-6 others #1 starts with ball-extra player passé to #2 and catches #1 pass then continue.</b> <b>iii. Shooting</b> <b>A. 4 players in Semi-circle and one offense extra is the centre to throw in, 2 offense and 2 defense, winning team stays other team switches with extras</b> <b>IV. Play</b> <b>A. Start in centre</b> <b>B. Foul- 20 jumping jacks called by ref</b> <b>Day 4 Tournament!!!</b>
<b>Notes/Safety:</b>  <b>Extra players are the referees.</b>	
<b>Summarizing Strategy: Review Positions</b>	