


THOMAS REDDALL HIGH SCHOOL PDHPE UNIT PLAN

Unit Title: <i>Netball</i>	Unit Length: 6 x 50 minute practical lessons	Year: 8 – Term 2
Syllabus Outcomes		Skills that enhance learning in PDHPE
<p>4.4 demonstrates and refines movement skills in a range of contexts and environments.</p> <p>4.5 combines the features and elements of movement composition to perform in a range of contexts and environments</p>		<p>4.14 engages successfully in a wide range of movement situations that displays an understanding of how and why people move (<i>Moving</i>)</p>
Evidence of Learning (What students will know, understand, be able to do)		
<p>By the end of this unit, students will be able to:</p> <ul style="list-style-type: none"> • practise and refine fundamental and specialised movement skills in predictable and dynamic learning environments • participate in a variety of movement activities to demonstrate and enhance body control, body awareness, object manipulation, anticipation and • participate in movement activities that demonstrate and reinforce the transfer of skills across different movement contexts • participate safely in movement activities • demonstrate movement skills through a range of experiences 		
Physical Literacy Continuum Focus: Movement Competencies (MC) Cluster 5 Markers (End of Year 8)		
<p>MOVEMENT COMPETENCIES Involves developing proficiency in object control, stability and locomotor skills to sequence movement in a wide variety of physical activity settings.</p> <p>MC</p>	 <p>End of Year 8 Cluster 5</p> <p>MC 5.1 Refines stability, locomotor and object control skills in dynamic physical activity contexts to improve the efficiency (process) and effectiveness of movement (outcome)</p> <p>MC 5.2 Selects from a range of movement skills and applies the most appropriate skill in dynamic physical activity contexts</p> <p>MC 5.3 Transfers similar movement skills and sequences appropriately across physical activity contexts</p>	
Cross-curriculum content	Resources	
	<ul style="list-style-type: none"> • BOS NSW (2003). <i>Personal Development, Health & Physical Education – Years 7-10 Syllabus</i>. Sydney: Author 	

Learn About's	Learn To's	Teaching & Learning Strategies	Registration					
			8A	8B	8C	8D	8E	
<ul style="list-style-type: none"> • Types of movement skills - fundamental - specialised - locomotor and non-locomotor - manipulative 	<ul style="list-style-type: none"> • practise and refine fundamental and specialised movement skills in predictable and dynamic learning environments 	• Basic passing and catching (L2) MC 5.1, MC 5.2						
		• Partner passing and catching (L2) MC 5.1						
		• Dizzy passing (L3) MC 5.1						
		• Six catches (L4) MC 5.1, MC 5.2						
		• Shoot and Rebound (L5) MC 5.1						
		• Full Sided Game (L5/6) MC 5.1, MC 5.2						
<ul style="list-style-type: none"> • Aspects of movement skill development - body control and awareness - object manipulation and control - anticipation and timing - technique 	<ul style="list-style-type: none"> • participate in a variety of movement activities to demonstrate and enhance body control, body awareness, object manipulation, anticipation and timing 	• Quick Hands (L2) MC 5.2						
		• Lots of passing (L3) MC 5.1						
		• Train tracks (L4) MC 5.1						
		• Circle shoots (L5) MC 5.1, MC 5.2						
		• Full Sided Game (L5/6) MC 5.1, MC 5.2						
<ul style="list-style-type: none"> • Influences on skill development and performance - applying skills across contexts - predictable and dynamic environments - importance of practice - safety 	<ul style="list-style-type: none"> • participate in movement activities that demonstrate and reinforce the transfer of skills across different movement contexts 	• Lots of passing (L3) MC 5.1						
		• Netball tag (L3) MC 5.1, MC5.2						
		• 3 on 3 (L4) MC 5.1 MC 5.2						
	<ul style="list-style-type: none"> • participate safely in movement activities 	• Circle shoots (L5) MC 5.1, MC 5.2						
		• Full Sided Game (L5/6)						
<ul style="list-style-type: none"> • Contexts for specialised movement skills - Games 	<ul style="list-style-type: none"> • demonstrate movement skills through a range of experiences including: - games from categories such as target, striking/fielding, invasion and net/court 	• Defining the Playing positions, roles and rules of Netball – Theoretical Concepts (L1)						
		• Putting Theory into Practice on the Netball court (L1)						
		• Netball tag (L3) MC 5.1, MC5.2						
		• 3 on 3 (L4) MC 5.1 MC 5.2						
		• Re-visit Playing Positions, Roles & Rules (L6)						
		• Full Sided Game (L5/6) MC 5.1, MC 5.2						