

# SCHOOL GAMES

PRIMARY



#stayinworkout  
#stayhomestayactive

PRODUCED USING RESOURCES  
AND IDEAS FROM



@Englandnetball  
#TakeNetballHome

# SPORT THEME

## NETBALL

## PRIMARY

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

#stayinworkout  
#stayhomestayactive

### MONDAY MOVERS

! Physical literacy/skills

**Activity overview**  
Catching Challenge

**Equipment needed**  
✓ Two balls of different sizes – or a large and small object

School Games value



### TUESDAY CHALLENGE

! Personal challenge

**Activity overview**  
Shoot and Score!

**Equipment needed**  
✓ A waste paper bin  
✓ A ball/socks or paper

School Games value



### WEDNESDAY WORKOUT

! Links to numeracy/literacy

**Activity overview**  
Relay Challenge

**Equipment needed**  
✓ A few sheets of paper and a pen  
✓ Markers/objects to mark out the distance

School Games value



### THURSDAY THINKING

! Personal challenge

**Activity overview**  
Throwing Challenge

**Equipment needed**  
✓ Wall  
✓ A ball of any kind

School Games value



### FRIDAY FUN

! Physical Literacy

**Bounce and Catch**  
✓ Stand with your feet apart. Can you bounce a ball under your legs and catch it behind your back  
✓ Repeat with a bounce to the front

**Hot Potato**  
✓ can you use your fingers pointing up to pass the ball from right to left hand as fast as you can  
✓ Use tiny passes

RESOURCE PRODUCED  
IN PARTNERSHIP BETWEEN



## MONDAY MOVERS

! Physical literacy/skills

# NETBALL



30mins

## ACTIVITY

### Catching Challenge

- For this challenge you need two objects of different sizes
- Stand and hold a different ball/object in each hand (netball, tennis ball, rolled up socks)
- Throw them up and catch, repeat and try to get an even rhythm going
- Try standing on one leg to make this more challenging or keepy uppy with your ball/objects

## EQUIPMENT NEEDED

- 2 balls or objects of different sizes



**How can you demonstrate determination throughout this challenge?**



## MAKE IT EASIER...

Use the same size balls or objects.

## MORE OF A CHALLENGE

Stand on one leg.

## MAKE IT INCLUSIVE

Use a softer or slightly deflated balls to make them easier to catch.

## LEAD OTHERS

Can you challenge your parents/siblings/friends via facetime or video call with a sequence of different types of catch?

## TUESDAY CHALLENGE

# NETBALL

! Personal Challenge

## ACTIVITY

### Shoot and Score!

- Set up a target – this could be a waste paper bin, bucket or piece of paper
  - Use objects to mark out various distances to make this more challenging
  - This can be used as a personal challenge or against an opponent
  - Try the best out of 5 – or how many you can achieve in succession
- 
- You can also set up a different type of target and practice your throwing action. Make sure you are balanced with feet hip width apart, hold the ball/object (or socks if indoor) above your head with elbows bent to 90° and close to your ears. Push the ball up high and as you let go your hands should 'wave it goodbye'. Try to get the ball to land just in front of you. Try to send the ball up high.
  - Practice this and then put 3 cushions on the floor in a small triangle. Stand in the middle. Use your shooting action and try to score 2 goals at each. The goal counts if your ball lands on the cushion.  
What is your score out of 6?

## EQUIPMENT NEEDED

- Target(s)– Waste paper bin/bucket or bowl or various!
- A ball or alternative – be creative!



**How can you demonstrate self belief throughout this challenge?**



30mins



## MAKE IT EASIER...

Move closer to the target or increase the size.

## MORE OF A CHALLENGE

Use a smaller target. Perhaps a bowl or try with a mug and a teabag!

## MAKE IT INCLUSIVE

Shorten the distance to the target or use a bigger target

## LEAD OTHERS

With an adult or sibling, take on the role of the umpire and tally/score the number of points achieved.

# WEDNESDAY WORKOUT

# NETBALL

! Links to numeracy/literacy



30mins

## ACTIVITY

### Relay Challenge

- Choose a long space indoor or outdoor
- On 7 pieces of paper write 'rule' keywords on paper, face down at the end of your garden or hallway. Run to the end and pick up a piece of paper, come back with the paper and explain the key word e.g. contact – touching another player, penalty pass awarded; footwork – moving landing foot – free pass awarded etc.
- Run to the end of the garden/indoor space, bring the paper back. You then need to - name the position, explain where they are allowed on court e.g. attacking 1/3, defending 1/3, centre 1/3 or circle and explain where they stand to start the game.
- On a large piece of paper draw out a netball court and have 7 smaller pieces of paper with positions on. Each person can run and collect a position and place on the court. They could even add a second team!

## EQUIPMENT NEEDED

- Pen and a few sheets of paper



**How can you demonstrate determination throughout this challenge?**



### MAKE IT EASIER...

Shorter distance for the relay

### MORE OF A CHALLENGE

can you explain one different rule each time you complete the position information?  
Greater distance

### MAKE IT INCLUSIVE

Ensure the words are accessible for wheelchair/powerchair users

### LEAD OTHERS

Take on the role of umpire and tally your partner

## THURSDAY THINKING

# NETBALL

! Personal challenge



30mins

## ACTIVITY

### Throwing Challenge

- For this challenge all you need is a netball/football and a wall.
- Check you have a W grip and throw and catch using a chest pass against the wall.
- Add some markers to the wall and challenge yourself to hit them.
- Make the pass firm, keep your elbows in and flick the wrists.
- Stand close to the wall and using one hand try using your fingers to bounce the ball on the wall using tiny bounces. Keep the ball above your shoulder height. You could try with your left hand!
- Get low....from a squat take the ball around the outside of your leg and throw it against the wall.
- Can you catch it after one bounce or before it bounces? Repeat around the other leg.

## EQUIPMENT NEEDED

- A ball and a wall!



**How can you demonstrate passion throughout this challenge?**



## MAKE IT EASIER...

Start with shorter distances.

## MORE OF A CHALLENGE

Use a smaller ball or two at a time!

Try high and low targets

## MAKE IT INCLUSIVE

Shorten the distance between you and the wall



## FRIDAY FUN

# NETBALL



30mins

! Physical Literacy

## ACTIVITY

### Competition 1 - Bounce and Catch

- ✓ Stand with your feet apart.
- ✓ Can you bounce a ball under your legs and catch it behind your back?
- ✓ Repeat with a bounce to the front
- ✓ Try passing the ball around your body or between your legs



### Competition 2 – Hot Potato!

- ✓ Can you use your fingers pointing up to pass the ball from right to left hand as fast as you can?
- ✓ Or use this technique to pass to a partner or between a group
- ✓ Use tiny passes



## EQUIPMENT NEEDED

- Ball or alternative.



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win not the best cheat.



Treating everyone equally, supporting each other and working together to achieve at your very best level. Celebrate each other's successes and be a positive team player.



Respect for the referee, for the opposition, for your team mates for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect every day, in every sport and for everyone.



You've got to believe to achieve. Have the self belief and confidence to succeed and reach your personal best.



Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.



Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be.