### Year 2 Netball Lesson 3

<table>
<thead>
<tr>
<th>Lesson Objectives</th>
<th>Equipment:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• To be able to shoot the ball at a target.</td>
<td>Netballs, cones</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Warm Up</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
</table>
| Traffic Lights: Teacher calls out the colors from a set of traffic lights, each color has a corresponding action that pupils should perform.  
Red – Freeze  
Yellow – Hop on the spot  
Green – Run around the PE space. | 10 min | Teacher can hold colored cones in the air instead of calling out the traffic light colors. |

<table>
<thead>
<tr>
<th>Main (Development/Application)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
</table>
| **Introduction**  
Pupils will be put into groups of 3 or 4 and sat in lines behind a cone. Each pupil will be given their own bean bag. Pupils attempt to throw their bean bag into a hoop that is placed a few meters away from their cone. Pupils then collect their bean bag and join the back of the line. Allow pupils to have a few goes before stopping them.  
**Discuss**  
Pointing fingers at the target after releasing the ball.  
**Development**  
Same activity as above but now 1 pupil from each group will stand behind the hoop with all of the team’s bean bags on the floor in front of them. This pupil will pass a bean bag to the pupil at the front of each team line who will attempt to catch the pass and shoot the bean bag/ball into the team hoop, after this the shooting pupil joins the back of the line. The teacher should change the passing pupil every 1-2 minutes.  
**Application**  
Groups compete against each other to see which one can shoot the most bean bags/balls into their hoop.  
**Progression**  
A tall cone can now be placed inside the hoop. Pupils get 1 point if they shoot the bean bag/ball into the hoop and 2 points if they hit the cone. | 10 min | 3 min | 5 min | 10 min |
|                                | Harder: Move the team cone further away from the target hoop.  
Harder: Replace higher ability pupil’s bean bags with tennis balls or small netballs.  
Easier: Move the team cone closer to the target hoop. | Harder: Shooting pupil attempts to shoot whilst balanced on one leg.  
Harder: The passing pupil becomes attempts to block the shot after passing the bean bag/ball to the shooting pupil. |

**Plenary questions**  
What helped you to shoot the bean bag/ball successfully?