

Year 12 PE | Net Power Sports

What does it take to win the NET League?

Students will explore the various skills required to be an effective member of a team and will work collaboratively with others to lead parts of the lesson. Students will also explore various tactics required to outwit opposing players and participate in competitive matches alongside their peers. They will learn how to officiate fairly and the importance of equality, sportsmanship and respect. NET - Power Play - How it works: Students are placed in pairs to compete with in doubles. For volleyball they will be in teams of 4 to 5. Each lesson the teacher must choose a pair/team to take the warm up. Following this each pair/team will have 15 minutes to complete various drills to improve their strengths and weaknesses. Once all of this has been completed the pairs/teams play games with POWERPLAY tasks for a limited time. Pairs/teams will also take turns to officiate the matches. Pairs/teams earn points for good warmups, and good drills and for every game they win. Each lesson, pairs/teams will gain points for wins and losses and this is used to rank them for the final lesson. This will then be played as a ladder (promotion/relegation) tournament where court one is top court. Games will last 3 minutes and the pair/team who win on court one at the end are the champions.

	Lesson Exploration	Lesson Experience(s)	Key Words
Week 1: Lesson 1	How do leadership qualities support and develop a team?	Students will experience playing a selected role in their team including fitness coach, skills coach or player position. Each one will have a duty to fulfil and that will be decided each week by the manager	Anticipation Power Coordination Timing Tracking Rotation Serve Dig Set Smash Forehand Backhand Net Shot Fake Powerplay
Week 2: Lesson 1	How does a team organise their formations to play to their strengths and weaknesses?	Students will explore various methods of training/coaching to develop the teams strengths and weaknesses. POWERPLAY: on chosen song players can use a double/triple hit to play the ball/shuttle	
Week 3: Lesson 1	How does a leader manage difficult situations when a team is facing defeat?	Students will experience situations where they must demonstrate integrity and respect to all whilst making decisions that positively affect the teams performance. POWERPLAY: on chosen song players can catch the ball/shuttle and replay	
Week 4: Lesson 1	How does a player manage sportsmanship?	Students will experience various opportunities to praise and reward their peers and opposition and deal with negative feelings when facing defeat.	

		POWERPLAY: on the chosen song everyone does 2 star jumps after touching the ball/shuttle	
Week 5: Lesson 1	How does a team ensure consistency in their performance to win a league title?	Students will experience practicing various skills to improve consistency when playing and understand the term 'perfect practice makes permanent' POWERPLAY: on chosen song everyone gets double points for a point	
Week 6: Lesson 1	How does a player manage their emotions when under pressure?	Students will experience winning and losing and how to communicate with their team to support each other and build their resilience. POWERPLAY: Variety of POWERPLAYs from throughout term.	
Week 7: Lesson 1	How does a team manage winning and/or defeat?	Students will experience winning and losing and how to communicate with their team to support each other and build their resilience.	

Literacy Links	Numeracy Links
<p>PE requires students to have an understanding of basic terminology, given to them through keywords, delivered through our PE sessions.</p> <p>Students who are injured or without a kit require basic reading and writing skills to be able to engage in the lesson through the theory worksheets provided.</p>	<p>PE requires students to have an understanding of basic maths to be able to keep score and calculate numbers for teams.</p>