

# DERBYSHIRE SCHOOL & GAMES

## #stayinworkout

## #stayhomestayactive

RESOURCE PRODUCED  
IN PARTNERSHIP BETWEEN



The School Games Organiser network and Active Derbyshire are working together to create and publish a weekly programme of activities to help support schools to assist parents and carers to maintain an active routine for children and young people whilst at home or when socially distancing in essential care.

The weekly activities will be sport themed and include golf, football, tennis, orienteering, athletics, cricket, gymnastics, boccia, netball and badminton. All activities have been developed so everyone can have a go using equipment found in the home and in whatever space you have available.

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This weekly resource will give simple ideas on how to be physically active with a different sport theme for 30 minutes each day. For ideas on how to achieve the remaining 30 minutes please visit Active Derbyshire [website](#) or contact your local School Games Organiser by clicking on their logo within this resource.

This pack contains a schedule of suggested activity challenges for the week and daily activity cards. You do not have to do them in the suggested order or in fact do them all, if you really enjoy one day there is nothing stopping you doing that activity every day! However, if you do the personal challenge, we would encourage you to have a go at it each day and aim for improvement. There will be a virtual competition each Friday, details of how to enter are shown on the schedule page and on the Friday activity card. The competition will be run at district and county level. There will be prizes for schools with the highest percentage of entries based on pupils on roll, certificates for all entrants and a prize draw after the last week for those who have entered 100% of the virtual competitions. Please make sure that all activities are carried out in a safe manner.

We are very interested to receive your feedback so we can continue to do what works well but also make amendments to future weeks to ensure the resource is relevant and useful. Please send any feedback to [derbyshireschoolgames@activederbyshire.org.uk](mailto:derbyshireschoolgames@activederbyshire.org.uk)

For additional challenges and ideas on how to keep physically active visit the Active Derbyshire [website](#) or your School Games Organiser page.

Active Derbyshire and the SGOs cannot be responsible for any risk associated with activities suggested. Please click [here](#) for more details.

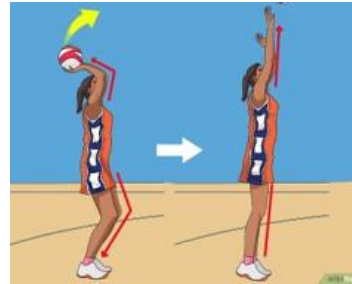
# INTRODUCTION TO

# NETBALL

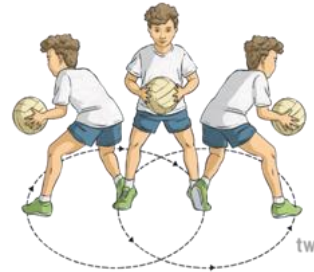


30mins

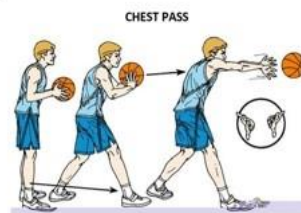
## Shooting



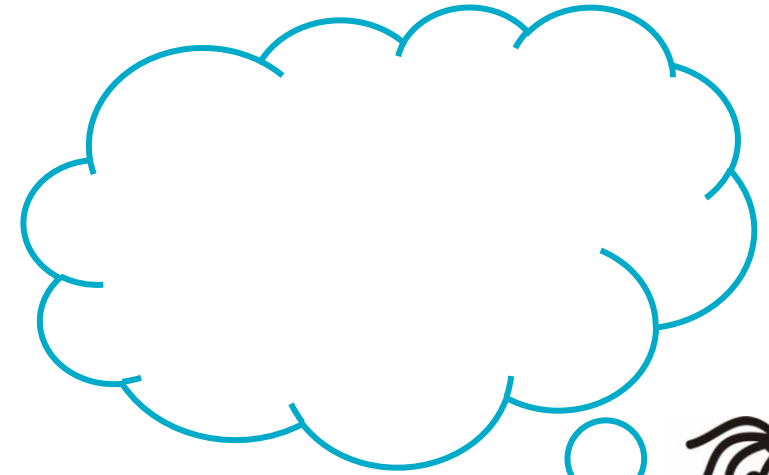
## Pivoting



## Chest Pass



WRITE DOWN WHAT YOU KNOW ALREADY



## HISTORY OF THE GAME

Netball is an invasion sport where two teams must score goals by throwing a ball so that it falls through a netted hoop. Netball emerged from early versions of basketball in the late 1800s as the number of women participating in sports increased.

Who has won the most Netball World Cups? \_\_\_\_\_

How high is a netball post in an adult game? \_\_\_\_\_

What country hosted the first Netball World Cup? \_\_\_\_\_

## SOME KEY NETBALL TERMS

**Landing Foot** – the foot which makes contact with the ground first and acts like an anchor.

**Non-Landing foot** – acts as a brake and is used to help maintain balance and can be moved many times.

**Footwork** – hopping or dragging the landing foot or, raising and re-grounding it before releasing the ball.

**Pivot** – keeping the landing foot on the ground and turning on it to face a different direction.

## NETBALL POSITIONS

Can you name all seven netball positions?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

## TEST YOUR KNOWLEDGE

Have a go at this [quiz](#) and see if you can guess the nicknames of eight of the teams that competed in the Netball World Cup!

# SPORT THEME

# NETBALL

# SECONDARY

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

#stayhomestayactive

#stayinworkout

## MONDAY MOVERS

! Physical literacy/skills

### Activity overview

#### Fast Feet

Move your feet quickly in a figure of eight and sprint

#### Turn in the air

Catching the ball in the air

### Equipment needed

Markers e.g. cereal box, plastic cup; ball e.g. football, tennis ball, rolled-up tin foil, rolled up pair of socks, orange

### School Games value focus

Determination

## TUESDAY CHALLENGE

! Personal challenge

### Activity overview

#### Front to Back and Ball Challenge

How many can you achieve in 30 seconds?

### Equipment needed

Ball e.g. football, tennis ball, rolled up tin foil, rolled up pair of socks, orange (ideally a ball that will bounce for "Front to Back")

### School Games value focus

Honesty

## WEDNESDAY WORKOUT

! Links to numeracy/literacy

### Activity overview

#### Netball Crossword

Complete the crossword and the exercises

### Equipment needed

Pen / Pencil  
Crossword

### School Games value focus

Self belief

## THURSDAY THINKING

! Problem solving

### Activity overview

#### Court is Lava

Safely cross the 'court' without touching the lava

### Equipment needed

Anything you can stand on to get you to the other side without touching the lava  
Pen / pencil and paper  
Socks  
Laundry basket / hoop / T-shirt

### School Games value focus

Respect



## FRIDAY FUN

! Virtual competition

### Activity overview

#### Juggling

Learn how to juggle

#### Virtual Competition

Produce a piece to showcase what Netball means to you e.g. poem, dance, song, rap, story. Enter the competition at [www.activederbyshire.org.uk/forms/view/sgvc](http://www.activederbyshire.org.uk/forms/view/sgvc) before 9am on Friday, May 22. Earn points for your school, download your certificate and if you enter all Friday virtual competitions you will be entered into a prize draw

### Equipment needed

Objects of similar size and weight

### School Games value focus

Passion

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## MONDAY MOVERS

! Physical literacy/skills

### ACTIVITY

- Place two markers approx. 1m apart. Move in a figure of eight using quick, short side steps around the markers. Repeat x ten
- As above, but sprint forwards after performing **at least** two figures of eight
- Ask someone at home to shout 'NOW' at any time during your figure of eight as a signal to sprint forwards
- Practice a step pattern. How fast can you perform it without hesitating or making a mistake?
- Watch this [video](#) to see how to do the activity

### EQUIPMENT NEEDED

- Markers e.g. tin cans, cereal box, plastic cup
- Ball e.g. football, tennis ball, rolled up tin foil, rolled up pair of socks, orange



15mins



How can you demonstrate Determination throughout this challenge?

How accurate can you be with your feet?

### ! TOP TIPS

Head up, look forwards. Weight on ball of the feet. Soft knees. Quick steps. Watch the ball. Hard, direct throws.

## Fast Feet

### MAKE IT EASIER...

- Move the cones closer together

### MORE OF A CHALLENGE

- Ask someone from your household to throw you the ball as you spring forwards
- Can you catch with both hands, one hand and throw it back?

### MAKE IT INCLUSIVE

- Slide feet in a figure of eight
- In a seated position, tip toe around the cones in a figure of eight

### LEAD OTHERS

Create a video explaining the game. Why not send this into your school for them to use as a challenge for other students?

## MONDAY MOVERS

! Physical literacy/skills

### ACTIVITY

- Toss the ball (underarm) high into the air. On release, jump and turn 180°, to land facing the opposite direction
- Catch the ball before you land
- Land on both feet simultaneously (split landing)
- Land on dominant foot
- Land on other foot
- Throw the ball ahead to run, jump, turn, catch and land
- Watch this [video](#) to see how to do the activity

### EQUIPMENT NEEDED

- Ball e.g. football, tennis ball, rolled up tin foil, rolled up pair of socks, orange



15mins



How can you demonstrate Determination throughout this challenge?

Keep practicing the skill. Why not try more of a challenge'?

### ! TOP TIPS

Watch the ball. Push off to gain height. Timing. Catch the ball mid-air before landing. Arms fully extended high above head to catch. Keep landing foot still on receiving the ball.

## Turning in the air

### MAKE IT EASIER...

- Turn 90°
- Turn, land, catch and pivot

### MORE OF A CHALLENGE

- Ask someone else in your household to throw the ball
- Do not throw the ball as high
- Use a wall to receive the ball

### MAKE IT INCLUSIVE

- Throw and catch the ball from a seated position
- Allow the ball to bounce
- Only turn 45° or 90°

### LEAD OTHERS

Create a video explaining the game. Why not send this into your school for them to use as a challenge for other students?

Why not try this now? [Activities with Sasha Corbin](#)

Why not try this now? [Fast Feet and Agility fun](#)

## TUESDAY CHALLENGE

# Front to Back

! Personal Challenge

### ACTIVITY

- Stand with legs apart and hold a ball between them with both hands at the front
- Throw the ball to catch it with hands behind your legs ('front to back catches'), alternating catches in front and behind
- Watch this [video](#) to see how to do the challenge

### EQUIPMENT NEEDED

- Ideally a ball that will bounce e.g. football, tennis ball



15mins



How can you demonstrate Passion throughout this challenge?

Practice and practice again. Can you complete the challenge?

### MAKE IT EASIER...

- Allow the ball to bounce once
- Practice in one direction only

### MORE OF A CHALLENGE

- Stand, throw a ball over your head, catch it behind and then throw it forwards over your head and catch it in front ('overhead throw and catch')
- Combine front to back catch, overhead and catch behind & in front

### MAKE IT INCLUSIVE

- Roll the ball forwards & backwards instead of bouncing it
- Throw into a bucket positioned directly in front and behind
- Mark out target areas on the ground at the side and in front to bounce and catch

### LEAD OTHERS

- Show somebody in the family how to do it
- Video someone else (or yourself) performing it
- Record number of successful front to back throws in succession

### ! TOP TIPS

Focus. Sturdy base, feet balances. Controlled bounce / throw.  
Quick arm movements in get hands ready and in to position to catch

Why not try this now?

[Swifts Skills Sessions Episode 1: Ball Skills - Floor Drills](#)

## TUESDAY CHALLENGE

# Ball Challenge

! Personal Challenge

### ACTIVITY

How many times can you complete the following challenges in 30 seconds?

**Challenge 1** – Pass the ball from one hand to the other

**Challenge 2** – Pass the ball around your waist

**Challenge 3** – Pass the ball from one hand to the other going through your legs

### EQUIPMENT NEEDED

- Ball e.g. football, tennis ball, rolled up tin foil, rolled up pair of socks, orange



15mins



How can you demonstrate Honesty throughout this challenge?

Be honest with yourself, family and friends about how many you have achieved

### ! TOP TIPS

Keep your eyes on the ball. Spread your fingers wide to make your hand as big as possible

Why not try this now?

[Take Netball home with Laura Malcolm](#)

### MAKE IT EASIER...

- Use a larger object

### MORE OF A CHALLENGE

**Challenge 4** – Place the ball in between your legs, swap your hands allowing the ball to bounce only once

**Challenge 5** - Place the ball in between your legs, swap your hands without the ball bouncing

### MAKE IT INCLUSIVE

**Challenge 1** – Pass the ball from one hand to the other in a seated position

**Challenge 2** – Throwing the ball at a wall with only one bounce

**Challenge 3** – Pass the ball to someone else in your household with one bounce

### LEAD OTHERS

Teach someone else in your household  
Create a leaderboard with your friends to see who has improved the most

## WEDNESDAY WORKOUT

# Netball Crossword



30mins

! Links to numeracy/literacy

## ACTIVITY

- Complete the crossword in the appendix about all things related to Netball
- For every correct word, complete one exercise from the video link
- Perform each exercise for 30 seconds (make sure to alternate sides on exercises 1, 2, 3, & 5).
- Watch this [video](#) to see how to complete the exercises
- Answers to the crossword can be found [HERE](#)

## EQUIPMENT NEEDED

- Crossword
- Pen / pencil

## ! TOP TIPS

Working with a partner is a great way to improve teamwork and communication skills.

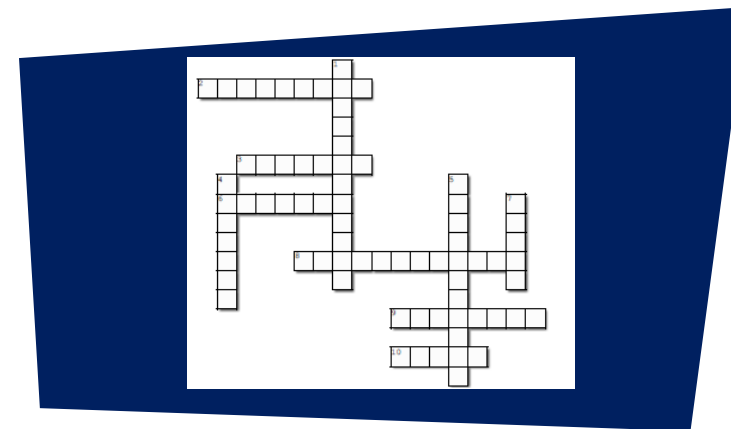
Why not try this now?

[Laura Malcolm Activities](#)



How can you demonstrate Self Belief throughout this challenge?

Show self belief in your answers. Try the next word and keep going.



## MAKE IT EASIER...

- Perform each exercise for 20 seconds

## MORE OF A CHALLENGE

- Perform the exercises for 40 seconds

## MAKE IT INCLUSIVE

- Use exercises from this [video](#) which are slower and simpler, select what length of time you want to work for

## LEAD OTHERS

- Produce your own netball quiz and present to family members
- Produce your own netball quiz and present to friends online

## THURSDAY THINKING

# Court is Lava



30mins

! Problem solving

## ACTIVITY

- Get from one side of the room/garden to the other
- Try and not touch the lava that is the floor!
- Think what you can use to get to other side
- Create an aerial view of the route prior to participating - pen and paper
- At one side of the room, put out five pairs of socks
- Each time you go from one side to the other, you have to collect one pair of socks
- When all five pairs have been collected, you have to shoot them into a hoop / laundry basket / on a t-shirt
- Watch this [video](#) to see how to do the activity
- Jump onto objects without moving your landing foot
- Add balances, jumps and other movements
- Add direction changes, pivots, and don't move your landing foot
- Complete the activity in pairs

## EQUIPMENT NEEDED

- Items you can stand on to safely get you to the other side without touching the lava (items should be able to take your weight and not be slippery)
- Pen / pencil and paper; Socks
- Laundry basket / hoop / t-shirt



How can you demonstrate Respect throughout this challenge?

Respect the objects and the area you are moving across.

## ! TOP TIPS

Be careful when standing on objects. Be creative.

### Why not try this now?

- Work individually or with someone else to create a new game that involves problem solving
- Or try this link [https://www.youtube.com/watch?v=v\\_mmKwZrD30](https://www.youtube.com/watch?v=v_mmKwZrD30)



## MAKE IT EASIER...

- Create a smaller course with less objects
- Use bigger objects to stand on

## MORE OF A CHALLENGE

- Guide one of your siblings or family members and try and direct them around using both verbal and non-verbal communication. Use angles and compass points to guide them through the course
- Direct them around when they have their eyes closed

## MAKE IT INCLUSIVE

- Allow one step in the lava before moving to the next object rather than stopping and balancing

## LEAD OTHERS

- Challenge friends to have a go at designing their own course

## FRIDAY FUN

# Competition

! Virtual competition

## ACTIVITY

- Produce a piece to showcase what Netball means to you e.g. poem, dance, song, rap or story
- When complete, submit your entry to the competition at [www.activederbyshire.org.uk/forms/view/sgvc](http://www.activederbyshire.org.uk/forms/view/sgvc) before 9am on Friday, May 22. Earn points for your school and download your certificate and if you enter all Friday virtual competitions you will be entered into a prize draw

## EQUIPMENT NEEDED

- Pen/pencil, paper
- Filming device if submitting a film clip



15mins



How can you demonstrate Passion throughout this challenge?

Produce something that you are proud to show to family and friends.

## MAKE IT EASIER...

Change some of the words to your favourite song.

## MORE OF A CHALLENGE

Choose to create more than one piece, e.g. create a dance to a song you've written.

## MAKE IT INCLUSIVE

Tell someone your ideas and ask them to help you.

## LEAD OTHERS

Get everyone in your household to take part.

## ! TOP TIPS

Jot down your ideas first. Look on the internet for inspiration.

Why not try this now? Create your own team badge, design your own netball court, design your own netball kit

## FRIDAY FUN

# Juggling

## ACTIVITY

- If right-handed (reverse directions if left-handed), hold two of the objects in your right hand
- Start by throwing one from the right hand to the left hand
- At the top of the arc, throw the object from the left hand to the right hand. Halfway through that arc, throw the other object from the right hand to the left hand
- Watch this [video](#) to see how to do the activity

## EQUIPMENT NEEDED

- Objects of similar size and weight



15mins



How can you demonstrate Passion throughout this challenge?

Practice and practice again. How well did you do?

## MAKE IT EASIER...

- Juggle two objects; when the item is at the top of the arc, throw the one in your left hand to your right hand
- Repeat

## MORE OF A CHALLENGE

- Juggle on one leg, kneeling, on the move
- Juggle in the opposite direction
- Juggle four or more objects

## MAKE IT INCLUSIVE

- Juggle with two objects. Hold one item in each hand; throw the item in your right hand in an arc (rainbow) to your left hand
- Play with lightweight objects (e.g. dusters) which travel through the air more slowly
- Play with contrasting coloured objects

## LEAD OTHERS

- Teach someone else how to juggle
- Video someone else (or yourself) juggling
- Record how long you can juggle for before losing control.

## ! TOP TIPS

Practice in a safe place to avoid any breakages! Keep hands at waist height and elbows at sides of body: toss each object at the same height; juggle without moving around ('running juggler').

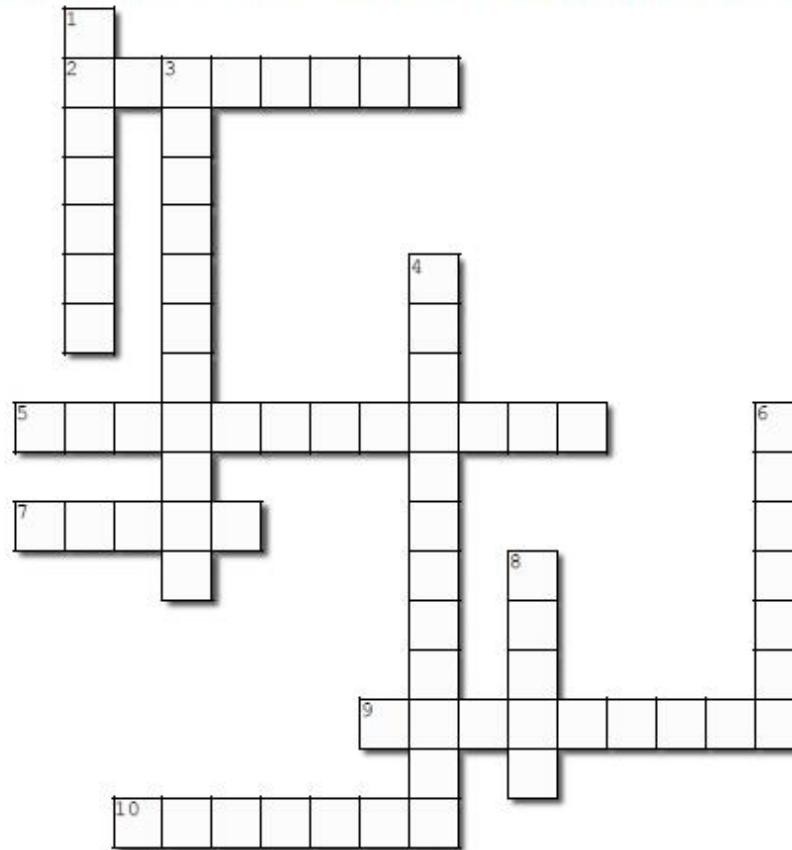
Why not try this now? [30 Best Juggling Tricks](#)



Name: \_\_\_\_\_

## Netball Crossword

Complete the Netball crossword puzzle below. Remember to perform an exercise after every correct word!



Created using the Crossword Maker on TheTeachersCorner.net

### Across

- \_\_\_\_\_ rule, is the rule which applies to the person with the ball being allowed very limited movement with their feet.
- This is the area of the court where play begins and restarts following a goal
- The swivel movement of a player, keeping one foot on the ground and turning to face in a different direction
- The \_\_\_\_\_ team doesn't have possession of the ball and are trying to prevent the opposing team from scoring
- When a player interferes with play or uses their body to gain an unfair advantage over their opponent

### Down

- This rule means that all players in the team have to stay in their designated area
- A player commits an \_\_\_\_\_ offence if they defend and intercept the ball closer than 0.9m to the opposer
- An action for breaking a rule in a game
- A type of movement which is deceptive to avoid opponents
- the number of players on the court per team