

DERBYSHIRE SCHOOL & GAMES

#stayinworkout

#stayhomestayactive

RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN



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.

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 derbyschoolgames@activederbyshire.org.uk

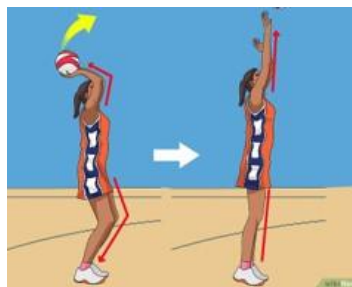
INTRODUCTION TO

NETBALL

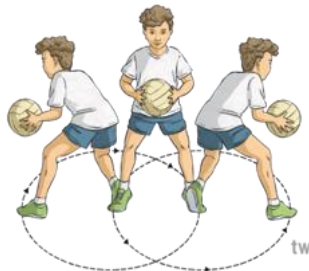


30mins

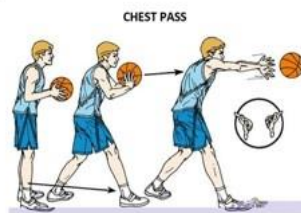
Shooting



Pivoting



Chest Pass



WRITE DOWN WHAT YOU KNOW ALREADY



BEE NETBALL

What is Bee Netball?

.....
.....
.....

Find out more - watch this [video](#)

Can you complete the Bee [Netball Bingo?](#)

Why not support key workers and colour in the [Bee at Home Rainbow](#)

Find out more on the England Netball [website](#)

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.

THE HISTORY OF THE WORLD CUP



The first Netball World Cup took place in 1963 in England. 11 countries competed, with Australia winning all of their matches to win overall. Since then, 15 world cups have taken place, now featuring 16 countries. Australia or New Zealand have won every world cup except one, where they both jointly won with Trinidad and Tobago in 1979. Australia are the most successful nation with 11 wins, England's highest finish is second place in 1975.

TEST YOUR KNOWLEDGE

Download the quiz to test your Netball knowledge: [Quiz](#)

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.

SPORT THEME

NETBALL

PRIMARY

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

Dance Mat

Move quickly to touch the objects

Over the Line

Line / roll an object in the plank position

Roll, run, turn and collect the ball

Equipment needed

Four different objects e.g. clothes, cereal boxes, plant pots, cuddly toy

Ball e.g. football, tennis ball, food tin, orange

School Games value focus

Determination

TUESDAY CHALLENGE

! Personal challenge

Activity overview

Ball Challenges

Pompom challenges: How many can you achieve in 30 seconds?

Equipment needed

Ball e.g. pompom, football, tennis ball, rolled up tin foil

School Games value focus

Honesty

WEDNESDAY WORKOUT

! Links to numeracy/literacy

Activity overview

Active Word Search

Complete the word search and the exercises

Equipment needed

Word search
Pen / Pencil

School Games value focus

Self belief

THURSDAY THINKING

! Problem solving

Activity overview

The Court is Lava

Safely cross the 'court' without touching the lava

Equipment needed

Anything you can stand on safely 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

Move the Ball

Move the ball around your body

Virtual Competition

Produce a piece to showcase what Netball means to you e.g. poem, dance, song, rap or story. Enter the competition [here](#) before 9am Friday 22nd May 2020. 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

Pen/paper
Filming device (if submitting a film clip)

School Games value focus

Honesty and Passion

RESOURCE PRODUCED
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MONDAY MOVERS

! Physical literacy/skills

ACTIVITY

- Place four objects to make the corners of a square (approx. 1m apart)
- Stand in the centre of the square. Facing forwards throughout, touch each object with the foot nearest to it as fast as possible
- Return to the centre before touching the next object
- Watch the [video](#) to see how you do the activity

EQUIPMENT NEEDED

- Four objects – e.g. clothes, cereal boxes, plant pots, cuddly toy



Up to 15mins



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

Can you keep trying to see how well you can do the activity?

MAKE IT EASIER...

- Use closest hand to the object

MORE OF A CHALLENGE

- Alternate hand, foot, hand, foot etc.
- Ask someone at home to call out the objects for you – in any order

MAKE IT INCLUSIVE

- Move the objects for easier reach

LEAD OTHERS

- Show someone in your household how to play
- Shout out the objects for them
- Video and share with your school / friends



TOP TIPS

Head up and look forward. Fast feet. Quick steps. Soft knees. Alternative Dance Mat and Over the Line activity and have a break in between

Dance Mat

MONDAY MOVERS

! Physical literacy/skills

ACTIVITY

- Make a line (piece of string is ideal)
- On one side, place a ball or an object & on the other, get into the plank position
- Raise one hand & roll the ball over the line towards you
- Roll it back using the other hand. If using an object, do the same but pick it up
- Watch the [video](#) to see how you do the activity

EQUIPMENT NEEDED

- Ball e.g. football, tennis ball, food tin, orange



Up to 15mins



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

Stay focused and on task. Check out the 'more of a challenge' section

MAKE IT EASIER...

- Use a larger object
- Rest your knees on the floor

MORE OF A CHALLENGE

- Increase distance between your hands and the line
- Pick up an object and balance it on your back with one hand before collecting it with the other hand
- In plank position, place hands and feet further away from your body

MAKE IT INCLUSIVE

- Aim to touch the object with each hand
- Rest your knees on the floor or lie on your front

LEAD OTHERS

- Show someone in your household how to play the game
- Video and share with your friends



TOP TIPS

Tight tummy. Hands directly underneath shoulders. Slow, controlled action. Watch the ball. Alternative Dance Mat and Over the Line activity and have a break in between

Over the Line

Why not try this now? Continue your dance mat activity with [this](#)

Why not try this now? [Sasha Corbin home workout](#)

TUESDAY CHALLENGE

Ball Challenges

! Personal Challenge

ACTIVITY

How many times can you pass the ball in 30 seconds?
Can you make a pompom as a ball for this challenge? Click [HERE](#) to find out how or watch this [video](#)

Challenge 1:

Pass the ball from one hand to the other.
Watch the [video](#) to see how to do the challenge.

Challenge 2:

Pass the ball around your waist, moving the ball from one hand to the other.
Watch the [video](#) to see how to do the challenge.

EQUIPMENT NEEDED

- Ball e.g. pompom, football, tennis ball, rolled up tin foil, orange



15mins



How can you demonstrate Honesty throughout this challenge?

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

MAKE IT EASIER...

- Use a larger object

MORE OF A CHALLENGE

- Use a smaller object
- Pass the ball around the waist and pass through one leg

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.

LEAD OTHERS

- Teach someone else in your household

! TOP TIPS

Watch the ball at all times.

Why not try this now?

[Take netball home with Laura Malcolm](#)

ACTIVITY

How many times can you pass the ball in 30 seconds?

Challenge 3:

Pass the ball from one hand to the other going through your legs
Watch the [video](#) to see how to do the challenge

Challenge 4: Throwing the ball at a wall and from one hand to the other (smaller ball shape required)

Watch the [video](#) to see how to do the challenge

EQUIPMENT NEEDED

- Ball e.g. football, tennis ball, rolled up tin foil



15mins



How can you demonstrate Honesty throughout this challenge?

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

! TOP TIPS

Spread your fingers wide to make big hands. Check with an adult before using an inside wall if you don't have access to an outside one

Why not try this now?

Why not try [Bee at home](#)

MAKE IT EASIER...

- Use a larger object

MORE OF A CHALLENGE

- Use a smaller object

MAKE IT INCLUSIVE

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

Challenge 4 – Pass the ball to someone else in your household without a bounce

LEAD OTHERS

Create a leaderboard with your friends to see who has improved the most

WEDNESDAY WORKOUT

! Links to numeracy/literacy

Active Word Search



30mins

ACTIVITY

- Download the Netball word search [HERE](#) or view appendix
- Find the words linked to the game of Netball
- Complete the exercises linked to the words (detailed in the appendix)
- As you perform the exercise, rather than counting 1, 2, 3 etc. count each rep in multiples of 3 (3, 6, 9, 12 etc.)

EQUIPMENT NEEDED

- Word search
- Pen / pencil



How can you demonstrate **Self Belief** throughout this challenge?

Believe that you can achieve. Try the next word and keep going.

! TOP TIPS

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

Why not try this now? [Active Snakes and Ladders](#)

C	O	U	R	T	F	A	I	E	D	V	N	B	W	J	X
T	C	Q	F	E	G	T	N	J	U	M	P	C	T	O	W
D	P	A	S	J	F	G	G	S	T	U	M	F	Y	L	G
F	Q	J	P	N	D	P	U	F	G	I	L	T	F	E	D
J	N	N	O	I	T	C	U	R	T	S	B	O	H	R	P
B	S	M	E	D	V	M	F	T	E	A	M	L	F	C	O
E	U	B	J	R	T	O	E	H	T	I	T	Y	C	G	Y
Q	P	G	C	R	I	R	T	B	F	D	W	T	B	Y	I
U	O	U	F	O	O	T	W	O	R	K	R	K	A	S	H
I	S	J	D	V	M	W	N	K	D	V	D	H	M	C	A
O	T	X	F	L	L	A	B	R	E	G	C	M	J	D	K
K	J	I	G	D	M	S	L	D	F	M	H	O	H	M	E
H	G	Y	I	G	G	C	B	X	E	O	U	V	H	F	P
F	C	E	K	J	H	K	G	W	N	K	T	G	V	G	O
C	A	D	O	D	G	E	P	O	C	G	K	H	D	K	I
M	E	H	U	G	M	Y	I	U	E	D	I	S	F	F	O

MAKE IT EASIER...

- Aim to find and complete four words and exercises

MORE OF A CHALLENGE

- Aim to find and complete eight words and exercises
- Can you create your own Netball word search? Can you make it physically active?
- Can you count in multiples of 4, 6, 7 or 8?

MAKE IT INCLUSIVE

[Here](#) you can find some simpler, slower exercises to do when you find words

LEAD OTHERS

- Can you explain the game to other people in your house?
- Can you demonstrate exercises to others?

THURSDAY THINKING

The Court is Lava



30mins

! Problem solving

ACTIVITY

- Get from one side of the room/garden to the other
- Try and not touch the lava on 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
- Watch the [video](#) to see how you do the activity
- 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 the [video](#) to see how you do the activity

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 and make sure it can take your weight, your safety is paramount. Be creative!

Why not try this now? [England Netball Activities 1](#) / [England Netball Activities 2](#)



MAKE IT EASIER...

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

MORE OF A CHALLENGE

- Jump onto objects, don't move your landing foot
- Add balances, jumps and pivots
- Can you jump and not move your landing foot
- Complete the activity in pairs
- Distribute and collect letters to make a word on the other side of the 'court'
- Distribute and collect words to make a sentence on the other side of the 'court'

MAKE IT INCLUSIVE

- Allow one foot in the lava before moving to the next object
- Rather than stopping and balancing, throw a ball or a sock for every step taken

LEAD OTHERS

- Can you explain the game to other people in your house?
- Can you play the game with family members?

FRIDAY FUN

Move the Ball

! Virtual competition

ACTIVITY

- Move the ball 12 times; Around the waist and around the legs
- Watch the [video](#) to see how you do the challenge
- Next, using two objects, hold one item in each hand and throw the item in your right hand in an arc (rainbow) to your left hand
- When the item is at the top of the arc, throw the one in your left hand to your right hand
- Repeat

EQUIPMENT NEEDED

- Ball e.g. football, tennis ball, rolled up tin foil



15mins

How can you demonstrate Honesty throughout this challenge?

Be honest about how many times you can perform each of the above challenges in 30 seconds

MAKE IT EASIER...

- Play with a smaller object

MORE OF A CHALLENGE

- Can you perform this activity 10 times in less than 30 seconds?
- Move the ball whilst keeping your eyes closed

MAKE IT INCLUSIVE

- Perform moving the ball in a seated position
- Step rather than jump to place one in front of the other
- Pass the ball around someone else's waist and legs

LEAD OTHERS

Show somebody in the family how to do it
Video someone else (or yourself) performing it
Make a record of how long it takes to do the activity ten times in succession

! TOP TIPS

Keep the ball moving away from your body.
Head up. Smooth movements with the ball.

Why not try this now? [Ball Skills and Drills](#)

FRIDAY FUN

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 before 9am on Friday, May 22. Earn points for your school and download your certificate. 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.

! 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

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.

**SCHOOL
GAMES**

**Netball
Activity Card**

NETBALL WORDSEARCH

Try and find as many words as possible in the Netball word search. After every word you find there is an exercise to complete, try and count in multiples of 3, some Numeracy, Literacy and Sports skills all mixed into one! Good luck! See the main sheet for how to make this a little harder!

C	O	U	R	T	F	A	I	E	D	V	N	B	W	J	X
T	C	Q	F	E	G	T	N	J	U	M	P	C	T	O	W
D	P	A	S	J	F	G	G	S	T	U	M	F	Y	L	G
F	Q	J	P	N	D	P	U	F	G	I	L	T	F	E	D
J	N	N	O	I	T	C	U	R	T	S	B	O	H	R	P
B	S	M	E	D	V	M	F	T	E	A	M	L	F	C	O
E	U	B	J	R	T	O	E	H	T	I	T	Y	C	G	Y
Q	P	G	C	R	J	R	T	B	F	D	W	T	B	Y	I
U	O	U	F	O	O	T	W	O	R	K	R	K	A	S	H
I	S	J	D	V	M	W	N	K	D	V	D	H	M	C	A
O	T	X	F	L	L	A	B	R	E	G	C	M	J	D	K
K	J	I	G	D	M	S	L	D	F	M	H	O	H	M	E
H	G	Y	I	G	G	G	B	X	E	O	U	V	H	F	P
F	C	E	K	J	H	K	G	W	N	K	T	G	V	G	O
C	A	D	O	D	G	E	P	Q	C	G	K	H	D	K	I
M	E	H	U	G	M	Y	I	U	E	D	I	S	F	F	O

COURT <i>Find something in your house to jump over 12 times</i>	FOOTWORK <i>21 shuttle runs with a partner (work with a sibling / run and tag one your toys)</i>
PIVOT <i>15 high knees</i>	OFFSIDE <i>18 squats</i>
BALL <i>Find something to throw and catch 30 times</i>	DODGE <i>Balance on one leg for 27 seconds (how many 3's are in 27? Can you figure it out?)</i>
JUMP <i>15 star jumps</i>	OBSTRUCTION <i>24 big kicks in front</i>
TEAM <i>Run and touch 3 different materials in every room of your house</i>	ATTACK <i>Find a step and jump up and down on it 12 times, use the stairs if you can</i>
POST <i>15 jumps like a frog</i>	DEFENCE <i>33 heel flicks</i>