

Low Sec - Netball/Ball Games

Observe with Video

Activity

Students would have learned how to pass and catch a ball and practiced the movement. In groups of 3, students will now use Playground Physics to record the action of passing and catching a netball. Students then observe their own technique and identify areas of strength and areas for improvement.

Objectives







- Students can demonstrate/ understand use of long and short passes as well as various footwork.
- Students experience teamwork, respect for each other and for rules.
- Students can exercise sound reasoning and decision making (CIT2).
- Students explore and assess information and ideas with others to complete a group task (ICS1).

Extensions

- Teacher create a learning journal for students to place their reflection video.
- While tracing the arc of the ball and exploring the resulting force, students can make the connection between Physical Education and Physics.

Have a go



- 1 Tap . Create a new performance by tapping  and select freestyle. Align the ground line, and have the group member ready to perform the task.
- 2 Tap  to record. Tap again to stop recording.
- 3 Follow the prompts to trace the path of the ball, add dimensions, explore the change in force across the phrase of the movement.
- 4 Pause the video to capture at least 4 phases of the movement and take a screen shot. Open , locate the images. Tap on  and tap on  to call out the markup panel.
- 5 In small groups, compare the body's position to the illustration/stimuli and use Markup tools to annotate the photos to show what could be improved.

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