



## What's unique about Netball

Bee Netball proactively gives children a sense of self-worth, belonging and pride. These formats support their social development which many had limited opportunities for during the Covid pandemic. With the inclusion of 'Beeliefs', Bee Netball enables key skills and character traits that are tricky to many, to be practiced and developed, helping children settle, share and work together. Not only through netball activities, but generally in their school and community.

### A particular emphasis on:

- 'Bee Together' – Bees work for the team and help everybody
- 'Bee Yourself' – Bees are true to who they are and let other people be who they are

Netball supports girls' confidence and sense of belonging; netball is a sport that's committed to supporting her understand her body and health through NETBALLHer. Find out more [here](#).

## What is the intent of your format



Build social skills and connections (i.e. sense of belonging)



Engage new/target groups of young people (tackling inequalities)



Develop leadership, character, life skills

Netball supports children to work as a team on court, as one player can't move the ball through the whole court. It enables them to communicate with one another off the court focusing on character traits and reflections.

Through NETBALLHer netball can support body confidence and understanding of the changes their body is going through during puberty.

## Target group benefits



Girls



SEND

NETBALLHer supports girls body confidence and supports them through puberty.

The festival format introduces games and activities in a fun and engaging, adaptable first step into netball as there are less strict or "complicated" rules.

## It's just not Netball if you...

1

Don't play as a team

2

Don't hit a target/score a goal

3

Don't try and win the ball off the other team





## How to run inter-competition: Inclusive Bee Netball Festival (KS2)



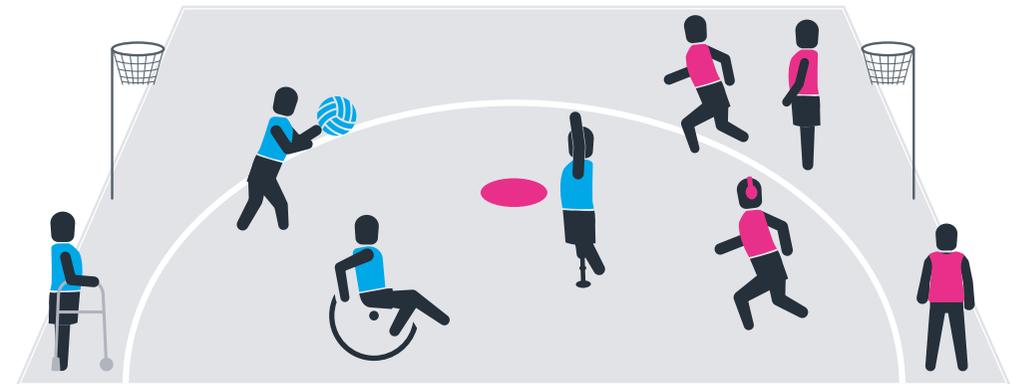
### How to set up

This format works well as an introduction to netball “have a go” festival.

- Set up four activity stations – using any of the activities from the activity cards [available here](#)
- Set up one rest and reflection station – this is a breakout area where young people can have a drink and snack break, rest, and think about their involvement using the [Review and Reflect](#) cards or take part in one of the [quiet activities](#)



- Once all groups have had a go at each activity, follow this with 4 v 4 gameplay
- Ideally, play across a third of a full-size netball court. This is roughly an area in the range of 12m x 8m to 15m x 10m
- Netball goal posts should be 8ft high and in the middle point at each end of the court. You can use an alternative target, like a floor spot, instead of a goal if needed. See [scoring options](#) for ideas
- The playing area does not need specific court markings, but it does need a centre circle (which could be marked with a floor spot).



- Use a size 4 netball for KS2, or sponge / soft balls as an alternative
- There are no specific positions for 4 v 4, but bibs can be used to identify teams
- A squad consists of up to 6 players, with 4 players on the court at any time
- Rotate the players at every break so they get fair game time. [Our fliers rotation resource](#) can help manage this.



# Netball for SGOs

SEND



## Age group

KS2 = 7 – 11 years old

- Festivals work best in year groups 3 and 4 (7-9-year-olds) or 5 and 6 (9-11-year-olds).



## Gender

Mixed



## Roles for YP

Young Leaders can use the activity cards to deliver activities, be a team leader or can help umpire and keep the game fair.

- **Activity Leader:** Use the activity cards to help run the activity stations.
- **Team Leader:** This role can be done when 'off court' – they should lead the reflection using the Review & Reflect cards and share their reflections to help the team. They could highlight the skills that have been worked on during the activity session.
- **Umpire:** An alternative for the child/young person 'off' court – they can use a squizzle or anything that makes a noise to highlight if someone is not playing fairly. The simplified rules, [available here](#), will help with this.

Note: the teacher/adult supervising should ensure the safety of the game.



## Participant numbers

Small group(s) from schools:

- Min – 4 per school (1 team of 4)
- Max – 12 per school (2 teams of 6)



## Target audience

Suitable for inclusive mixed SEND and non-SEND boys and girls, or girls focused within an inclusion school or unit setting.



## Benefits for YP

Through Netball, young people will:

- Have fun and enjoy themselves
- Develop friendships and meet new people
- Experience being part of a team and understand their contribution to it.



## Progression

Our inclusive festival focusses on participation and giving children with SEND an opportunity to try netball in both intra and inter school competitions, but the focus is on enjoyment and inclusivity. Introducing the game in this environment will support with developing confidence and knowledge of the game to support the development of more competitive formats in the future. You can link this to the 6-week activity plan, [available here](#), to help children develop their skills over time.





## How to run inter-competition: Inclusive Netball Festival (KS3)



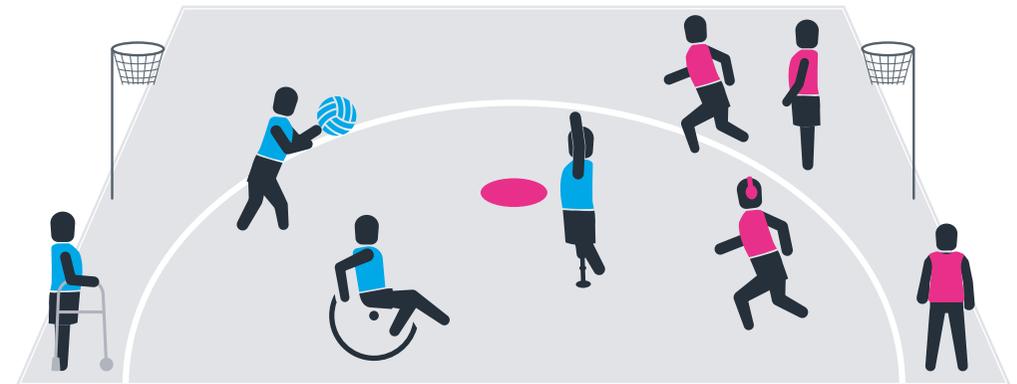
### How to set up

This format works well as an introduction to netball “have a go” festival.

- Set up four activity stations – using any of the activities from the activity cards [available here](#)
- Set up one rest and reflection station – this is a breakout area where young people can have a drink and snack break, rest, and think about their involvement using the [Review and Reflect](#) cards or take part in one of the [quiet activities](#)



- Once all groups have had a go at each activity, follow this with 4 v 4 gameplay
- Ideally, play across a third of a full-size netball court. This is roughly an area in the range of 12m x 8m to 15m x 10m
- Netball goal posts should be 8ft high and in the middle point at each end of the court. You can use an alternative target, like a floor spot, instead of a goal if needed. See [scoring options](#) for ideas
- The playing area does not need specific court markings, but it does need a centre circle (which could be marked with a floor spot).



- Use a size 4 or 5 netball for KS3, or sponge / soft balls as an alternative
- There are no specific positions for 4 v 4, but bibs can be used to identify teams
- A squad consists of up to 6 players, with 4 players on the court at any time
- Rotate the players at every break so they get fair game time. [Our fliers rotation resource](#) can help manage this.



# Netball for SGOs



## Age group

KS3 = 11 – 14 years old

- Festivals work best in year groups 7 and 8 (11-13-year-olds) or 8 and 9 (12-14-year-olds).



## Gender

Female



## Roles for YP

Young Leaders can use the activity cards to deliver activities, be a team leader or can help umpire and keep the game fair.

- **Activity Leader:** Use the activity cards to help run the activity stations.
- **Team Leader:** This role can be done when ‘off court’ – they should lead the reflection using the Review & Reflect cards and share their reflections to help the team. They could highlight the skills that have been worked on during the activity session.
- **Umpire:** An alternative for the child/young person ‘off’ court – they can use a squizzle or anything that makes a noise to highlight if someone is not playing fairly. The simplified rules, [available here](#), will help with this.

Note: the teacher/adult supervising should ensure the safety of the game.



## Participant numbers

Small group(s) from schools:

- Min – 4 per school (1 team of 4)
- Max – 12 per school (2 teams of 6)



## Target audience

Girls in KS3, with SEND being educated in an inclusion school or unit setting.



## Benefits for YP

Through Netball, young people will:

- Have fun and enjoy themselves
- Develop friendships and meet new people
- Experience being part of a team and understand their contribution to it.

With NETBALLHer supports girls with their body confidence and education around puberty.



## Progression

Our inclusive festival focusses on participation and giving children with SEND an opportunity to try netball in both intra and inter school competitions, but the focus is on enjoyment and inclusivity. Introducing the game in this environment will support with developing confidence and knowledge of the game to support the development of more competitive formats in the future. You can link this to the 6-week activity plan, [available here](#), to help children develop their skills over time.

If your young people want to progress further our Blended Netball programme can support further development of netball skills. For more information, [click here](#).





## Additional support

We have created a dedicated web page for SGO's and teachers called [The Hive](#). This is a one-stop shop of resources to help organise playing the game, learn the game, through a suggested scheme of work and how to support the wider social and emotional development of children. We have produced a NETBALLHer competition organisers guide to support you, available via [this link](#).

Netball is a fully inclusive sport. To support you to adapt your practice, check out the [SEND Inclusion Toolkit](#) co-created by YST and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide advice, support and opportunities for people of all ages with specific impairments. [The toolkit](#) provides you with an introduction to each Special Educational Needs and Disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each National Disability Sport Organisation. It should help you adapt any practice in addition to our suggestions to make it inclusive for all.

## Physical Literacy

We have designed these formats with physical literacy at their heart. We want all young people to have a positive experience with physical activity from an early age. As far as possible, we've considered opportunities for young people to move, think, feel and connect through our activities, and given you suggestions to make adaptations. But, if they don't work for you and your young people, then use the THRIVE principle to remove barriers, make changes and give ownership to your young people to have a positive experience with the activities to see their true value.

For further support, look to the Physical Literacy Enactment Guide - Community, which can be found [by clicking here](#), and going to the "Getting Started" guide section to download it.

## NGB regional contacts

A network of Netball Development Officers are on hand to support. Contact details can be found [here](#).

They can help:

- Bringing to life benefits of netball and resources available
- SGO's with planning activities.

## Personal development

- Visit our [dedicated web page](#) to access FREE learning resources.
- Our Bee Netball learning offer is available [here](#).
- Our NETBALLHer website has a wealth of FREE resources and learning for female health, [available here](#).

## Where to participate next?

- Many local Netball Clubs run Bee activity for children under 11.
- Parents looking for more information should visit [this web page](#).
- Your local Netball Development Officer will be able to help with local clubs that are running suitable activity for those who are keen to continue participating. Contact details can be [found here](#).
- If you are interested in taking part in club netball, you can find a list of Bee Netball and Core Inclusive Clubs [here](#).

## Where to compete next?

The focus of our Inclusive Festival is participation. We want children to learn the skills of the game whilst developing as individuals on and beyond the court. This offer is suitable for intra-school festivals as well as inter-school competitions, but we encourage the focus to remain on participation in an inclusive environment, nurturing all participants.

We will look to develop our inclusion offer over time to allow for more competitive opportunities.

We have produced a scheme of work for Bee Netball to guide you through skill development and game play which can be downloaded in [The Hive here](#).





## Why Netball for your school?

Bee Netball proactively gives children a sense of self-worth, belonging and pride. These formats support their social development which many had limited during the Covid pandemic. With the inclusion of 'Beeliefs', Bee Netball enables key skills and character traits that are tricky to many, to be practiced and developed, helping children settle, share and work together. Not only through netball activities, but generally in their school and community.

### A particular emphasis on:

- 'Bee Together' – Bees work for the team and help everybody
- 'Bee Yourself' – Bees are true to who they are and let other people be who they are

Netball supports girls' confidence and sense of belonging; netball is a sport that's committed to supporting her understand her body and health through NETBALLHer. Find out more [here](#).

## How to use activities in curriculum time

To support you deliver Bee Netball in curriculum time, we've developed a 6-week scheme of work for KS2 which can also be used to support KS3 in an Inclusion school setting.

Activities can be mixed and matched based on the needs of your class. We've included a series of suggestions to make the activities suitable for children with SEND. Along with a guide on how to adapt activity. To access the resource, and all supporting materials (videos, activity plan, how to use and adapt activities) [click here](#).

## Additional support

Netball is a fully inclusive sport. To support you adapt your practice, check out the [SEND Inclusion Toolkit](#) co-created by YST and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide advice, support and opportunities for people of all ages with specific impairments. [The toolkit](#) provides you with an introduction to each Special Educational Needs and Disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each National Disability Sport Organisation. It should help you adapt any practice in addition to our suggestions to make it inclusive for all.

### Bee and Inclusive Netball do's and don'ts:

In Bee and Inclusive Netball, the rules are straight forward. Children gain confidence in knowing what's what and like it to be fair. To support this, we've created a simple do's and don'ts sheet for the School Games. It can be found [here](#).

### Review and Reflect Cards:

These aim to create an environment that gives children the ability to think, reflect, evaluate and communicate. The cards should be placed on the floor or wall, and children can pick one and explain how they feel during the activity, giving feedback to their friends/classmates.

There is a teacher resource for using these effectively, which can be found [here](#).

### Ways you could keep score:

We don't want this to be complicated or confusing, but to help your class, there are a range of ways you might want to keep score. Some ideas are [here](#); remember though, if you want to keep it super simple, hit a target = 1 point and the team with the most points wins the game.





## Physical Literacy

These formats and activities have been designed with physical literacy at their heart. We want all young people to have a positive experience with physical activity from an early age. As far as possible, we've considered opportunities for young people to move, think, feel and connect through our activities, and given you suggestions to make adaptations. But, if they don't work for you and your young people, then use the THRIVE principle to remove barriers, make changes and give ownership to your young people to have a positive experience with the activities to see their true value.

Thrive isn't a checklist – it's a lens to help you sense check quality and inclusion, so consider the following when choosing which format to deliver and how it supports your young people to have a positive experience with physical activity:

- **TAILORED:** does your event support the needs, strengths and circumstances of the group?
- **HOLISTIC:** do the selected activities support young people to move, connect, think and feel?
- **REFLECTIVE:** have you built in time to allow young people to reflect on their engagement and to make choices about what they want to take part in next?
- **INCLUSIVE:** does your event support all young people to engage, feel welcome and included to take part?
- **VARIED:** have you planned for activity differentiation with equipment, space, task and outcome to provide appropriate challenge and maintain interest for all?
- **EMPOWERING:** have you consulted your young people to ask what they want to do, and how they want the event to run? Often, they create better rules and adaptations than we do, which gives them ownership and a positive experience.

For further support, look to the Physical Literacy Enactment Guide - Education, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.

## Personal development

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## Where to participate next?

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We will look to develop our inclusion offer over time to allow for more competitive opportunities.

If you would like to take part in inter school competitions, please contact your local School Games Organiser for more details.





## How to run intra-competition: Inclusive Bee Netball Festival (KS2)



### How to set up

- Mark three areas or use existing lines
- A third of a netball court is ideal, but any rectangular area is fine.
- A target or lowered Netball goal post is needed at each end of the area
- Two teams play in each area
- At half-time and the end of each game, the child who is 'team leader' should enable children to self-review how things have gone using the Review & Reflect Cards [downloadable here](#)
- Children should change positions to make sure those off court are rotated on to play. Rotation resources [downloadable here](#)
- Each time a team hits their target with the ball or scores a goal a point is scored for their team.



### Age group

KS2 = 7 – 11 years old

- Festivals work best in year groups 3 and 4 (7-9-year-olds) or 5 and 6 (9-11-year-olds).



### Participant numbers

- Children need to be in teams of 4 (min) or 5 (max).
- Two teams, minimum are needed.
- Each team can have up to 1 extra person off court.
- There can be a maximum of 6 teams.
  - Min 8 participants.
  - Max 30 participants.



### Gender

Mixed



### Target audience

Suitable for inclusive mixed SEND and non-SEND boys and girls, or girls focused within an inclusion school or unit setting.



### Benefits for YP

Through Netball, young people will:

- Have fun and enjoy themselves.
- Develop friendships and meet new people.
- Experience being part of a team and understand their contribution to it.



### Roles for YP

Young people can:

- **Team Leader:** This role can be done when 'off court' – they should lead the reflection using the Review & Reflect cards and share their reflections to help the team. They could highlight the skills that have been worked on during any curriculum delivery
- **Umpire:** An alternative for the child 'off' court – they can use a squizzle or anything that makes a noise to highlight if someone isn't playing fairly. The simplified rules, [available here](#), will help with this

**Note:** the teacher/adult supervising should ensure the safety of the game.



### Progression

Use our scheme of work to help you deliver Bee in curriculum time ahead of delivering an intra-competition in week 6.

- Week 1: How can we keep the ball?
- Week 2: How can we get in space?
- Week 3: How can we score goals?
- Week 4: How can we get the ball back?
- Week 5: How can we stop goals?
- Week 6: Intra-competition (Festival)





## How to run intra-competition: Inclusive Netball Festival (KS3)



### How to set up

- Mark three areas or use existing lines
- A third of a netball court is ideal, but any rectangular area is fine.
- A target or lowered Netball goal post is needed at each end of the area
- Two teams play in each area
- At half-time and the end of each game, the child who is 'team leader' should enable children to self-review how things have gone using the Review & Reflect Cards [downloadable here](#)
- Children should change positions to make sure those off court are rotated on to play. Rotation resources [downloadable here](#)
- Each time a team hits their target with the ball or scores a goal a point is scored for their team.



### Age group

KS3 = 11 – 14 years old

- Festivals work best in year groups 7 and 8 (11-13-year-olds) or 8 and 9 (12-14-year-olds).



Female

### Gender



### Participant numbers

- Children need to be in teams of 4 (min) or 5 (max).
- Two teams, minimum are needed.
- Each team can have up to 1 extra person off court.
- There can be a maximum of 6 teams.
  - Min 8 participants.
  - Max 30 participants.



### Target audience

Girls in KS3, with SEND being educated in an inclusion school or unit setting.



### Benefits for YP

Through Netball, young people will:

- Have fun and enjoy themselves.
- Develop friendships and meet new people.
- Experience being part of a team and understand their contribution to it.

NETBALLHer supports girls with their body confidence and education around puberty?



### Roles for YP

Young people can:

- **Team Leader:** This role can be done when 'off court' – they should lead the reflection using the Review & Reflect cards and share their reflections to help the team. They could highlight the skills that have been worked on during any curriculum delivery
- **Umpire:** An alternative for the child 'off' court – they can use a squizzle or anything that makes a noise to highlight if someone isn't playing fairly. The simplified rules, [available here](#), will help with this

**Note:** the teacher/adult supervising should ensure the safety of the game.



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- Week 6: Intra-competition (Festival)

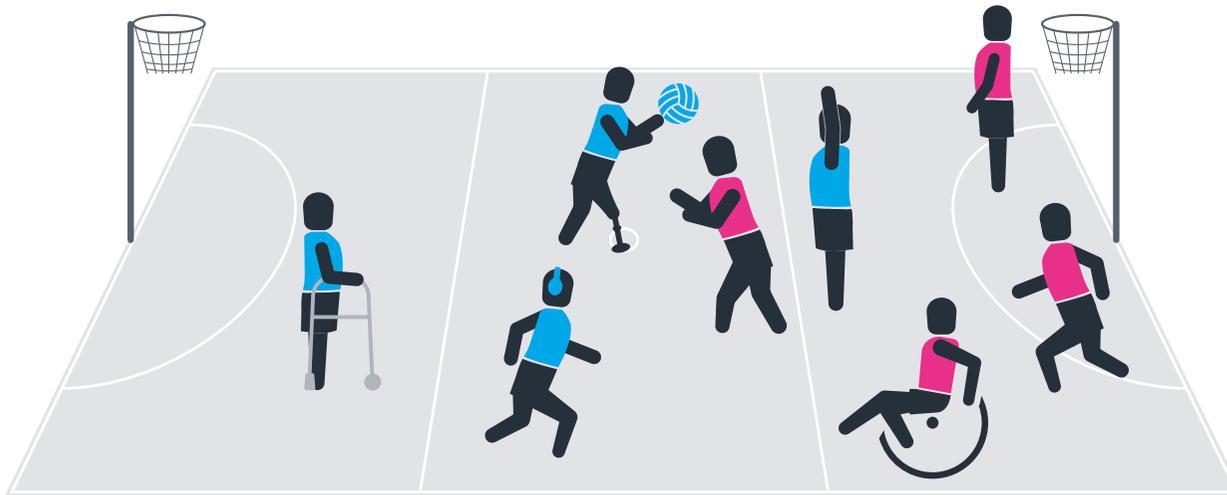
If your young people want to progress further our Blended Netball programme can support further development of netball skills. For more information, [click here](#).





# 4 v 4 Bee Netball (KS2 Inclusive)

SEND



## How to play

- Get into teams of 4. One team should wear bibs
- Play rock, paper, scissors to determine which team starts with the ball
- Start in the middle by the centre spot and pass the ball between your team to get to your goal
- You have 4 seconds to make a pass
- If the other team get the ball, they should pass the ball between themselves to get to their goal
- When you have the ball, you can take a step, but you then must stand still
- If the ball goes outside of the playing area, the other team can throw it in
- When a goal is scored, the team scores a point, and the other team starts with the ball from the centre spot.
- Games are best played with 5-minute halves and a 3-minute half-time
- When there are more than 2 teams, a 'Round Robin' format is best.

## Safety

- Make sure there is no debris or trip hazards around the playing area
- If you are using netball posts, make sure these are safe and have something heavy to weight them.

## Equipment required

- 1 x netball or sponge ball
- 1 x set of bibs
- Floor spots or lines to mark a 'goal' – if you have Netball posts you can use these
- 2 x hoops might be needed

## Space required

- A large rectangular playing area. This can be inside or outside
- Outside it's best on tarmac playground. If you have Netball lines, these can be used.

## Estimated set-up time

- 5 minutes.

## Difficulty level



## How to make it easier

- Allow more time to pass the ball
- Make the goal bigger
- Play with a softer ball
- Only players scoring a goal can be in the goal area – the other team must be outside the area

## How to make it harder

- Use a Netball goal – ask for this to be at 8 foot
- Encourage children to follow Netball footwork rules – this means they cannot move their landing foot
- Introduce a time limit to pass the ball, e.g. 3 seconds

## Spirit of the Games



- What did your team do that helped get the ball to the goal area?
- What will you do in the next game to make sure you play as a great team?

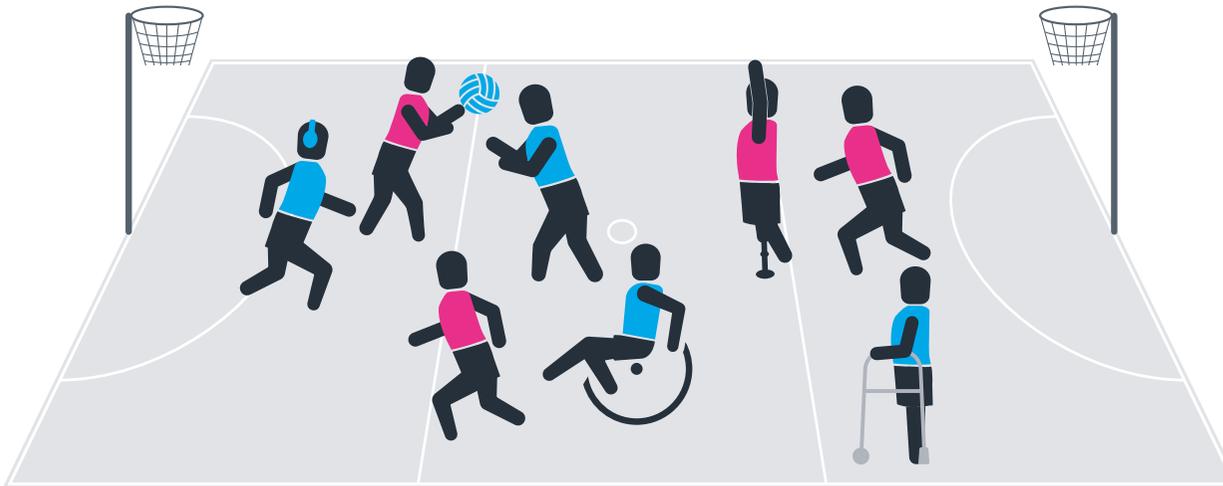


- What was your 'Superpower' in this game to help your team?
- What were you most proud of in the game?



# 4 v 4 Netball (KS3 Inclusive)

SEND



## How to play

- Get into teams of 4. One team should wear bibs
- Play rock, paper, scissors to determine which team starts with the ball
- Start in the middle by the centre spot and pass the ball between your team to get to your goal
- You have 4 seconds to make a pass
- If the other team get the ball, they should pass the ball between them to get to their goal
- When you have the ball, you can take a step, but you then must stand still
- If the ball goes outside of the playing area, the other team can throw it in
- When a goal is scored, the team scores a point, and the other team starts with the ball from the centre spot
- Games are best played with 5-minute halves and a 3-minute half-time
- When there are more than 2 teams, a 'Round Robin' format is best.

## Safety

- Make sure there is no debris or trip hazards around the playing area
- If you are using netball posts, make sure these are safe and have something heavy to weight them.

## Equipment required

- 1 x netball or sponge ball
- 1 x set of bibs
- Floor spots or lines to mark a 'goal' – if you have Netball posts you can use these
- 2 x hoops might be needed

## Space required

- A large rectangular playing area. This can be inside or outside
- Outside it's best on tarmac playground. If you have Netball lines, these can be used.

## Estimated set-up time

- 5 minutes.

## Difficulty level



## How to make it easier

- Allow more time to pass the ball
- Make the goal bigger
- Play with a softer ball
- Only players scoring a goal can be in the goal area – the other team must be outside the area

## How to make it harder

- Use a netball goal – this can be at 8 or 9 foot
- Encourage children to follow Netball footwork rules – this means they cannot move their landing foot
- Introduce a time limit to pass the ball, e.g. 3 seconds

## Spirit of the Games



- What did your team do that helped get the ball to the goal area?
- What will you do in the next game to make sure you play as a great team?



- What was your 'Superpower' in this game to help your team?
- What were you most proud of in the game?

