

Netball

Key unit objectives	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Step 1	To copy actions.	To copy actions and ideas.	To pass/ send a ball with increasing accuracy.	To pass/ send a ball with increasing accuracy and appropriate pace.	To pass the ball in a variety of different ways with confidence and control.	To pass the ball in a variety of different ways with confidence and control.
Step 2	To roll a ball.	To control a ball whilst moving.	To move in front of passing lines to intercept the ball.	To choose the right pass for the situation.	To find ways to help attack.	To move with purpose when attacking.
Step 3	To throw and catch a ball.	To throw and catch a ball with control.	To demonstrate a correct chest pass technique.	To demonstrate a correct bounce pass.	To mark an opponent.	To choose when to mark a player and when to cover space.
Step 4	To bounce a ball.	To throw a ball at different speeds.	To keep good control of the ball.	To find and use space well to keep possession.	To keep possession of the ball when faced with opponents.	To apply basic principles for attacking.
Step 5	To move with a ball.	To play in games against others.	To move off the ball when attacking.	To know simple tactics to help achieve success.	To work together as a team, showing good awareness of others.	To apply basic principles for defending.
Step 6	To defend by blocking a target.	To try find ways to win games.	Play in small sided games, employing simple tactics.	Play in small sided games, employing simple tactics.	To use tactics in game situations.	Apply basic principles for attacking and defending in game situations.
Declarative knowledge	Understand how to play in a safe way. Describe why running and playing games is good for you. Watch, copy and describe others play.	Begin to understand the importance of preparing safely and carefully for exercise warming up/down. Copy actions and ideas and use the information to improve their skills.	Describe what happens to your heart rate and breathing when playing games and begin to understand why you get hotter. Identify what you do best and what you find most difficult and	Develop the understanding of the importance of speed when playing invasion games. Understand the link between heart rate and breathing during different activities.	Know the difference between attacking and defending skills. Know how to mark and defend your goal. Begin to understand how muscles work and explain	Create short warm up routines that follow the basic principles e.g. raising body temperature, mobilise joints and muscles.

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			recognise this in others performance.	Identify and describe the skills needed to improve your game.	how the body reacts to physical activity. Identify strengths and weaknesses of your own and other performances and explain your reasoning.	Recognise and evaluate performances providing constructive feedback. Understand how to improve in different physical activities and sport.
Procedural knowledge	Explore different ways to use, move and send the ball. Develop skills such as sending an object to a target, catching, and gathering, rolling and basic ball control. Move to defend a goal.	Throw and catch the ball with control, and throw the ball in different ways e.g. fast, slow, high, and low. Perform a range of actions with the ball keeping it under control. React to situations to make it difficult for opponents – using simple tactics. Show good awareness of others when playing games.	Pass and receive the ball with control. Select passes that keep possession. Take up space/positions that make it difficult for opponents. Move to support teammates once you have passed the ball and explain how to keep possession.	Get into good positions to pass, receive, and shoot the ball. Pass the ball using different techniques. Shoot and score with increasing accuracy. Use a range of tactics, including finding and using space, to keep possession of the ball to shoot/score.	Use a variety of skills to keep the ball, thinking about moving towards goal, different positions and the use of space. Increase accuracy and confidence of passing and shooting skills.	Apply basic principles for attacking and defending, choosing different formations to suit the need of the game. Work effectively as a team. Use a variety of tactics to keep possession of the ball, applying the principles of attacking. Use the defending principles in game situations, including marking, tracking, and covering, to gain possession.
Vocabulary	<ul style="list-style-type: none"> • Aim • Aiming • Ball Control • Bounce • Close • Control 	<ul style="list-style-type: none"> • Ball Control • Watch • Balance • Throw • Catch • Aim 	<ul style="list-style-type: none"> • Explore • Control • Speed • Direction • Pass • Chest Pass 	<ul style="list-style-type: none"> • Space • Control • Speed • Direction • Passing • Pass 	<ul style="list-style-type: none"> • Attack/Defend • Heart rate • Direction • Chest Pass • Rules • Power 	<ul style="list-style-type: none"> • Position • Evaluate • Direction • Heart rate • Power • Accuracy

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	<ul style="list-style-type: none"> • Throw • Catch • Copy • Explore • Gather • Ready • Roll • Score • Send • Shoot • Skills • Watch 	<ul style="list-style-type: none"> • Accuracy • Explore • Pass • Roll • Team • Ready • Teamwork • Get in line • Space • Score 	<ul style="list-style-type: none"> • Bounce Pass Technique • Aim • Passing • Teamwork • Shoot • Score • Accuracy • Power • Breathing 	<ul style="list-style-type: none"> • Chest Pass • Bounce Pass • Mark • Teamwork • Aim • Accuracy • Possession • Shoot • Power • Score • Rules • Technique 	<ul style="list-style-type: none"> • Bounce Pass Technique Mark/track/cover Feedback Teamwork • Shoot 	<ul style="list-style-type: none"> • Muscles • Technique • Decision making • Opponent Teamwork • Shoot
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