



Netball Medium Term Plans Key Stage One

Key Stage:	KS1	Unit	Netball
<p><u>Prior Learning Required – EYFS Progression</u></p> <ul style="list-style-type: none"> • Showing increased control when catching a ball. • Shows increasing control over an object, pushing, passing, throwing, catching, or kicking it. • Moves freely and with pleasure and confidence in a range of skilful ways. • Able to respond to simple instructions, showing a good understanding of safety when using tools and equipment. 			
<u>National Curriculum Links</u>	<p>1a. Master basic movements including running, jumping, throwing and catching as well as developed balance, agility and coordination and begin to apply these in a range of activities.</p> <p>1b. Participate in team games, developing simple tactics for attacking and defending.</p>	<u>Pillars of Progression</u>	<ul style="list-style-type: none"> • Development of Motor Competence and Fundamental Movement Skills. • Making safe decision in contact with equipment and classmates.
<u>Key Unit Objectives</u>	<ul style="list-style-type: none"> • Step 1: To move with a ball. • Step 2: To roll a ball. • Step 3: to bounce a ball. • Step 4: To throw a ball. • Step 5: To play in games against others. • Step 6: To try and find ways to win games. 	<u>Progression</u>	<p><u>Declarative Knowledge</u></p> <ul style="list-style-type: none"> • React to situations to make it difficult for opponents – using simple tactics. E.g. Move to defend a goal. • Understand how to play in a safe way. • Copy actions and ideas and use the information to improve their skills <p><u>Procedural Knowledge</u></p> <ul style="list-style-type: none"> • 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. • Show good awareness of others when playing games. • Perform a range of actions with the ball keeping it under control.
<u>Resources and Equipment</u>	Balls (variety of sizes), Bibs, Marker Spots, Cones	<u>Key Vocabulary</u>	Ball, Control, Balance, Throw, Catch, Aim, Accuracy, Pass, Roll, Team, Teamwork, Get in Line, Space

Netball Medium Term Plans Lower Key Stage Two

Key Stage:	LKS2	Unit	Netball
<p><u>Prior Learning Required – KS1</u></p> <ul style="list-style-type: none"> ● 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. ● React to situations to make it difficult for opponents – using simple tactics. E.g. Move to defend a goal. ● Understand how to play in a safe way. ● Show good awareness of others when playing games. ● Perform a range of actions with the ball keeping it under control. 			
<u>National Curriculum Links</u>	2a: Use running, jumping, throwing and catching in combination. 2b: Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. 2f: compare their performances with previous ones and demonstrate improvements to achieve their personal best.	<u>Pillars of Progression</u>	<ul style="list-style-type: none"> ● Development of Motor Competence and Fundamental Movement Skills. ● Making safe decision in contact with equipment and classmates.
<u>Key Unit Objectives</u>	<ul style="list-style-type: none"> ● Step 1: To pass/send a ball with increasing accuracy. ● Step 2: To move with the ball keeping it under control. ● Step 3: To pass the ball in different ways. ● Step 4: To find and use space well to keep possession. ● Step 5: To apply basic attacking and defending principles. ● Step 6: Play in small sided games, employing simple tactics. 	<u>Progression</u>	<p><u>Declarative Knowledge</u></p> <ul style="list-style-type: none"> ● Use a range of tactics, including finding and using space, to keep possession of the ball, to shoot/score, and to make it difficult for opponents. ● Select passes that keep possession. <p><u>Procedural Knowledge</u></p> <ul style="list-style-type: none"> ● Move to support teammates, getting into good positions to pass, receive, and shoot the ball. ● Pass the ball using different techniques. ● Shoot and score with increasing accuracy. ● Develop the understanding of the importance of speed when playing invasion games. ● Pass and receive the ball with control.
<u>Resources and Equipment</u>	Netballs, Hoops. Netball nets, cones, bibs, marker spots	<u>Key Vocabulary</u>	Ball, Control, Speed, Direction, Passing, Pass, Chest Pass, Bounce pass, Technique, Aim, Accuracy, Teamwork, Shoot, Score, Power, Rules

Netball Medium Term Plans Upper Key Stage Two

Key Stage:	UKS2	Unit	Netball
Prior Learning Required – LKS1			
<ul style="list-style-type: none"> • Move to support teammates, getting 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, and to make it difficult for opponents. • Develop the understanding of the importance of speed when playing invasion games. • Pass and receive the ball with control. • Select passes that keep possession. 			
<u>National Curriculum Links</u>	2a: Use running, jumping, throwing and catching in combination. 2b: Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. 2f: compare their performances with previous ones and demonstrate improvements to achieve their personal best.	<u>Pillars of Progression</u>	<ul style="list-style-type: none"> • Continued progress of Motor Competence. • Understanding and applying Rules, Strategies, and Tactics. • Healthy Participation; making safe long term decisions and understanding the relationship between physical activity and its effect on the body.
<u>Key Unit Objectives</u>	<ul style="list-style-type: none"> • Step 1: To pass the ball in a variety of different ways with confidence and control. • Step 2: To move with the ball at speed. • Step 3: To mark, track and cover when defending. • Step 4: To keep possession of the ball when faced with opponents. • Step 5: To work together as a team, showing good awareness of others. • Step 6: Apply basic principles for attacking and defending in game situations. 	<u>Progression</u>	<p><u>Declarative Knowledge</u></p> <ul style="list-style-type: none"> • Know the difference between attacking and defending skills. • Know how to mark and defend your goal. • Begin to understand how muscles work and explain how the body reacts to physical activity. • Identify strengths and weaknesses of your own and other performances and explain your reasoning. • Create short warm up routines that follow the basic principles e.g. raising body temperature, mobilise joints and muscles. • Recognise and evaluate performances providing constructive feedback. Understand how to improve in different physical activities and sport. <p><u>Procedural Knowledge</u></p> <ul style="list-style-type: none"> • 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.

			<ul style="list-style-type: none"> • 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. Use different skills to keep possession of the ball. Develop control whilst performing skills at speed. • Show good awareness of others in game situations and work effectively as a team, adapting games if needed so everyone has a role to play.
<u>Resources and Equipment</u>	Netballs, netball posts, netball bibs, cones, marker spots	<u>Key Vocabulary</u>	Control, Speed, Direction, Chest Pass, Rules, Accuracy, Bounce Pass, Technique, Aim, Accuracy, Teamwork, Shoot