

# Physical Education



UKS2  
Autumn 1

**A**

Embedded value:

**Honesty**

## Sport: Netball (Games)

Key vocabulary:

<b>Chest pass</b>	To pass the ball with two hands from chest height	<b>Pivot</b>	A motion of turning on one foot that you have landed on when receiving a pass.
<b>Bounce pass</b>	To pass the ball using two hands to a team mate where the ball bounces	<b>Obstruction</b>	When a player gets too closer and prevents an opponent from passing or shooting
<b>Overhead pass</b>	To pass the ball with a motion above the head	<b>Accuracy</b>	Being able to pass and shoot at a desired location whether it is a teammate or a goal.

National Curriculum reference

Children should:

- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, **netball**, rounders and tennis], and apply basic principles suitable for attacking and defending
- compare their performances with previous ones and demonstrate improvement to achieve their personal best
- children should develop technique, control and balance when travelling with the ball, as well as when shooting or passing to a teammate

What we want children to know:

Health and Fitness	Passing a ball, Receiving a ball and Shooting at a target	Using space, Keeping possession and Understanding tactics
<ul style="list-style-type: none"> <li>• The reasons for warming up and cooling down.</li> <li>• How to carry out warm ups and cool downs safely and effectively.</li> <li>• Why exercise is good for health, fitness and well-being.</li> <li>• Different ways they can become healthier.</li> </ul>	<ul style="list-style-type: none"> <li>• How to turn (pivot) on the ball of the grounded foot while pushing off with the other foot. This other foot provides the pupil with direction and balance</li> <li>• Which type of pass to use, depending on the situation, to keep possession and move the ball</li> <li>• How to use the demonstrated techniques to pass and shoot accurately from the position that they are in.</li> <li>• When shooting, they need to rest ball on the base of their fingers and thumb whilst holding the ball above their head. They must also bend their elbows and knees before extending them upon release of the ball</li> <li>• How to pass the ball in a variety of ways by following the correct technique demonstrations. They will need to think about body positioning as well as power and release of the ball</li> <li>• How to alter their hand position in order to receive a variety of passes (high/low),</li> </ul>	<ul style="list-style-type: none"> <li>• How to make it easier for a teammate to pass the ball to them</li> <li>• How to receive the ball by finding a position on the court where there are no defenders.</li> <li>• How to communicate plans and tactics effectively to others during the game.</li> <li>• How to lead others during the game.</li> </ul>
Types of throws/passes/shots	Principles of attacking and defending	Self-reflection and Evaluation
<p>How to perform the following passes/shots:</p> <ul style="list-style-type: none"> <li>• Two-handed chest pass</li> <li>• Two-handed overhead pass</li> <li>• Two-handed underarm pass</li> <li>• Two-handed bounce pass</li> <li>• Two-handed shot with finger grip</li> <li>• One-handed underarm pass</li> <li>• One handed overhead pass</li> </ul> <p>All of the above passes should be performed in isolation and in game settings. All of the above passes should be performed over a variety of distances. All of the above passes should be performed accurately at both static and moving targets.</p>	<ul style="list-style-type: none"> <li>• How important good communication is when trying to keep possession and give/receive the ball</li> <li>• How to pivot to gain extra space/option for a pass/shot</li> <li>• The importance of attacking and defending as well as the aim of keeping possession whilst invading the opposition territory</li> <li>• How to mark a player and follow them around the court, trying to block/intercept any passes that come in their direction</li> <li>• How to defend their hoop using the demonstrated techniques without obstructing the opposition and committing a foul</li> <li>• How to anticipate a missed shot and jump for the rebound</li> <li>• Pupils use communication to defend as a team</li> <li>• How to defend a shot at goal by raising their arms above their head and being ready to block the shot from 1m away</li> <li>• When defending, they need to keep their feet shoulder width apart, knees slightly bent, back upright with arms close to their sides</li> <li>• How to beat an opponent by feinting in one direction and passing in another and marking players tightly</li> </ul>	<ul style="list-style-type: none"> <li>• How to evaluate their own performance and other, providing strengths and next steps for both.</li> <li>• How to evaluate performance based on specific technique points for shots/passes or gameplay.</li> </ul>

Focus athlete:



Geva Mentor