

Autumn 2

Owls (Yr 4/5)

PE - Year 4/5 - Netball

What I should already know... Passing, shooting, basic rules, restarts.

Learning Objectives

To develop passing and moving to maintain possession.

To use a variety of attacking skills to lose a defender.

To move into and create space to support a teammate.

To use defending skills to gain possession.

To develop accuracy in the shooting action under pressure.

To use and apply skills, principles and tactics to a game situation.

Complex Vocabulary

Positioning: *The position you play will determine what area of the pitch you can use freely.*

Offside: *Each position as mentioned above has a designated area of the pitch. If a player goes into a zone not designated to their position it will be deemed a foul.*

Pivot: *The planting of one foot on the floor whilst stepping with the other. Allowing the body to act as a pivot point to increase field of view.*

Other Vocabulary:

- Center Court
- Basket
- Goal attack
- Goal defense
- Goal keeper
- Goal shooter
- Chest Pass
- Bounce Pass
- Center pass

Links to the National Curriculum

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

They should enjoy communicating, collaborating and competing with each other

They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.

Pupils should be taught to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

Key Rules of Netball

- *You can not run with the ball.*
- *Three second rule - you have three seconds to release the ball to a teammate.*
- *Three feet rule - You must be three feet away from an opponent.*
- *Each player has a designated position which limits court usage.*

5 Facts about Netball

- *Netball was invented in 1895 in England.*
- *between 1901 and 1970, netball was called 'Women's Basketball' in Australia and New Zealand.*
- *The first netball's were brown in colour and made from leather, however they have now changed to all white and rubber.*
- *Globally, over 20 million men and women play netball in over 70 countries.*
- *It is the second largest team sport for women after football.*