

NATIONAL CURRICULUM:

This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

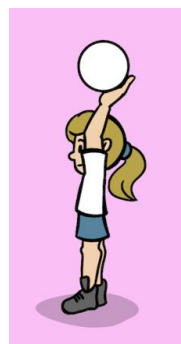
PRIOR KNOWLEDGE:

In this unit pupils develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. They will also use equipment to send and receive a ball. Pupils will be given opportunities to work with a range of different sized balls. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will build on their knowledge of sending and receiving by applying their skills in different situations.

KEY VOCABULARY:

| | |
|--------------|----------------|
| Catch | defender |
| Lift | move |
| Landing foot | attacker |
| Pivot | high |
| Receive | head |
| Pass | shoulder width |
| Goal | footwork |
| Shoot | contact |
| Space | obstruction |
| Direction | held ball |

PE – Autumn 2 Year 4, Netball



Lesson Focus:

1. To develop passing and moving and play within the footwork rule.
2. To use a variety of passes to move towards a goal.
3. To develop movement skills to lose a defender.
4. To defend an opponent and try to win the ball
5. To develop the shooting action.
6. To apply skills and knowledge to play games using netball rules.

CONTEXT: Netball is an invasion game. In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In netball pupils do this by maintaining possession and moving the ball towards goal to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances

STICKY KNOWLEDGE:

Do not lift your landing foot and place it back down. This is known as footwork.

Use two hands to catch

Call when you are free to receive a pass.

Move into space near to your goal.

Use a shoulder pass to pass over longer distances

Change direction and speed to lose the defender.

Move again if you have not lost the defender

Ensure you can see the attacker and the ball.

Stay close to the attacker.

Stay in between the attacker and the ball

Begin with your feet shoulder width apart.

Hold the ball high above your head

Call when you are free to receive a pass.

Move into space near to your goal.

Use the netball rules: contact, obstruction, held ball, footwork

SKILLS:

Physical: throw, catch, change direction, change speed, shoot

Social: communication, collaboration, support others

Emotional: honesty and fair play, persevere, confidence

Thinking: comprehension, decision making, recognition, identify, observe and provide feedback, select and apply