

## Medium Term Plan: Supporting Implementation of LTP/Progression Grid

**Subject:** KS1 Year B Netball

**Key Concept- Concepts:** Joy of movement, personal challenge, building resilience, Critical thinking and action

**PoS aims from NC:**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

### **Prior Learning (what pupils already know and can do)**

- To know how to move around the space and be spatially aware of others.
- To know how to speed up and slow down.
- Know how and when to use an underarm and over arm throw
- To know which is your dominant hand
- To know how to stand when throwing repositioning feet to stand sideways
- To know that your ball throwing hand is facing the target
- To know how to catch a ball using two hands, feet shoulder width apart, palms face up and bringing hands towards chest
- To know how to receive a ball by moving into the right position
- To know how to communicate and work well with others
- Know how to set up and put away equipment effectively and safely.

### **Long-term Learning (what pupils MUST know and remember) End Goals**

- To know how to find a space and use space effectively
- To know how to start, stop, speed up and slow down while running
- To know how to change direction quickly and sharply
- To be able to plant feet hard, turn hips and shoulders to where they want to drive too next
- To chest pass using elbows are tucked in "W" made with thumbs behind the ball.
- To pass from the chest using a fast, flat, and direct pass
- To know how to step forward into a pass
- Know how to do a bounce pass using "W" with thumbs behind the ball
- To stand a short distance apart when bounce passing to find a team mate in a crowded area
- To know how to shoulder pass releasing the ball high so it travels in arched shape
- To know how to run and then receive a pass forward
- Know why it is importance to keep an eye on the ball
- Know how to show the ready position- being focused and avoiding distractions
- To know how to receive a ball from the left- and right-hand side
- To Know how to move decisively
- To know how to stay light on feet and toes and to know how to dodge and avoid others
  
- To know how to take turns and share equipment
- Know what is fair and have an awareness of the rules and accept the decisions that have been made by others and the teacher
- Understand some principles of attacking and defending
- Manage own feelings and emotions
- To Know how and why to find a space after passing
- Begin to compete in team games
- To know when we attack and when we are defending
- Know how to track an opponent and how to mark a player and a ball
- To know how to make yourself as big as possible by going on tip toes
- To know why we all don't crowd around the player with the ball
- To know how to use eyes to communicate as well as calling names in a team game

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- To know when to use a chest pass, bounce pass and shoulder pass
- Recognise the importance of warming up safely
- To know how to sustain performance over time
- To know why we warm up to prepare the bodies for exercise
- Know how and why we keep hydrated in pe lessons
- Know how to land on one foot or two feet safely
- To know how to land with two feet using footwork correctly
- To know we have three seconds on the ball before we pass it
- To know how to quickly make decision on who to pass too.
- To know which pass to use and when
- Have a basic understanding of netball game rules
- To know that you cannot travel with the ball
- Know that you cannot attempt to knock the ball out of an opponent's hands
- To know that we score points by passing the ball through the net (1 point)
- To how to stand feet shoulder width apart when shooting
- Know where to position/ stand when shooting
- Know how to aim at the centre point above the net when shooting
- Know how to hold the ball while shooting keeping elbows tucked in
- Know how to straighten legs by extending knees as the ball is released
- To Know how to flex the wrist as the ball is released off the fingers

### Key Vocabulary

Throw, Catch, Pass, Receive, Bounce, Roll, Control, Space, Move, Safety, Looking, Stopping, Evaluate, Controlling, Defender, Attackers, Rules, Warm up, Cool down, Calling, Signalling, Team work

**Session 1 –To know how to find a space and use space to increase opportunity to attack. To understand the principles of creating and moving forward into space. To refine passing from the chest, and shoulder. To use a bounce pass effectively from the right distance.**

- To know how to find a space and use space effectively
- To know how to start, stop, speed up and slow down while running
- To run with head up and without bumping into others
- To know why we use our arms to drive forward when running
- To know how to change direction quickly and sharply
- To be able to plant feet hard turn hips and shoulders to where they want to drive too next
- To chest pass using Elbows tucked in “W” made with thumbs behind the ball.
- To pass from the chest using a fast, flat, and direct pass
- To know how to step forward into the pass to create power
- Know how to do a bounce pass using “W” with thumbs behind the ball

Healthy Participation – To understand the importance of warming up and cooling down linking to healthy lifestyles.

Vocabulary - Chest pass, bounce pass, shoulder pass, space, W, fast, flat, direct.

**Session 2 – To know how to use movement to travel, change pace and direction. To know how to receive a ball while stationary, on the move and receiving from the left and right.**

- To stand a short distance apart when bounce passing to find a team mate in a crowded area
- To know how to shoulder pass releasing the ball high so it travels in arched shape
- To know how to run and then receive a pass forward
- Know why it is importance to keep an eye on the ball
- Know how to show the ready position- being focused and avoiding distractions
- To know how to receive a ball from the left- and right-hand side
- To Know how to move decisively

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- To know how to stay light on feet and toes to be prepared
- Know how to dodge and avoid others
- To know how to communicate when you want the ball to be thrown

Healthy Participation – Discuss the importance having regular water breaks during lessons to stay hydrated during exercise.

Vocabulary – Hydrated, left, right, dodge, communication, teamwork, ready position.

**Session 3 – To know how to communicate with others and find a space effectively in attacking and defending situations. To understand the different between attacking and defending. To know how to work in a team and track down opponents in game situations.**

- To Know how to take turns and share equipment
- Know what is fair and have an awareness of the rules
- Accept the decisions that have been made by others and the teacher
- Understand some principles of attacking and defending
- Communicate with your team by calling names
- Manage own feelings and emotions
- To Know how and why to find a space after passing
- Begin to compete in team games
- To know when we attack and when we are defending
- Know how to track an opponent

Healthy Participation – Discuss the importance of warming up safely and why we include stretches within a warm up. Discuss the importance of taking sips of water throughout physical activity to stay hydrated.

Vocabulary – Communication, attacking, defending, space, tracking, teamwork.

**Session 4 – To know how to mark a player and mark the ball in game situations. To be able to demonstrate an ability to mark a player ensuring feet are 3ft away. To know what type of pass to use and when to use it depending the distance or situation.**

- Know how to mark a player
- Know how to mark the ball
- To know how to make yourself as big as possible by going on tip toes
- To know why we all don't crowd around the player with the ball
- Know how dummy passes can be used to confuse the opponent
- Know how to use eyes to communicate as well as calling names in a team game
- To know the 3ft rule when marking
- To know when to use a chest pass
- To know when to use a bounce pass
- To know how to use a shoulder pass

Healthy Participation – Discuss the importance of warming up safely and effectively.

Vocabulary – chest pass, bounce pass, shoulder pass, opponent, communication, marking.

**Session 5 – Know how to use the correct footwork to land with one or two feet, to understand why we pivot before passing the ball. Start to introduce the some of the key rules for netball and how they score point for their team in games.**

- Recognise the importance of warming up safely
- To know how to sustain performance over time
- To know why we warm up to prepare the bodies for exercise
- Know how and why we keep hydrated in pe lessons
- Know how to land on one foot
- To know how to land with two feet using footwork correctly
- Know how to pivot before passing the ball
- To know we have three seconds on the ball before we pass it
- To know how to quickly make decision on who to pass too.
- To know which pass to use and when

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Healthy Participation – Discuss the importance of warming up safely. Discuss how to sustain themselves throughout a game. Drinking water, walking and running (staying light on feet but not using too much energy)  
Vocabulary –Landing, three seconds, decision making, pivot, footwork.

Session 6 – **To Know what ways, they can communicate in and before a game and know why this is important in team sports. To have a understand of some of the netball rules. To understand how to score points and how to win the game. To work effectively with others and as a team.**

- Have a basic understanding of netball game rules
- To know that you cannot travel with the ball
- Know that you cannot attempt to knock the ball out of an opponent's hands
- To know that we score points by passing the ball through the net (1 point)
- To how to stand feet shoulder width apart when shooting
- Know where to position/ stand when shooting
- Know how to aim at the centre point above the net when shooting
- Know how to hold the ball while shooting keeping elbows tucked in
- Know how to straighten legs by extending knees as the ball is released
- To Know how to flex the wrist as the ball is released off the fingers

Healthy Participation – Highlight the benefits of taking part in netball to your long-term health. Discuss the benefits of being healthy and active. Discuss options for local teams and clubs in the area.  
Discuss the importance of warming up safely. Discuss importance of communication of a team and the support each player can get from this. Where else will this help them in life?  
Vocabulary –passing, scoring, shooting, communication, teamwork, vocal.

**Future learning this content supports:**

This unit will support future invasion games in LKS2. It will also support them in their athletics next half term as they will be competing as a team and against themselves as an individual. The throwing and shooting they have refined in this unit will support them with their athletics in terms of throwing.