

## **Medium Term Plan: Supporting Implementation of**

### **Subject: Year 5 Spring 1 – Netball:**

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.

#### **N/C links:**

- 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.

#### **Key skills:**

- Physical: throw, catch, run, jump, change direction, change speed, shoot, balance
- Social: communication, support, collaboration, respect
- Emotional: honesty, independence, perseverance, self regulation, resilience
- Thinking: select and apply skills, apply tactics, observation, apply rules

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

- To watch the ball as it comes towards you to help you to get ready to hit it.
- To use enough power when throwing to let the ball bounce once before your partner returns it.
- Know that sending the ball towards your partner will help you to keep a rally going.
- Know that using a ready position helps you to react quickly and return/catch a ball.

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

- To communicate with my team and move into space to keep possession and score.
- To identify when I was successful and what I need to do to improve.
- To pass, receive and shoot the ball with some control under pressure.
- To stay with an opponent and I am confident to attempt to intercept.
- To know what position I am playing in and how to contribute when attacking and defending.
- To understand the need for tactics and can identify when to use them in different situations.
- To understand the rules of the game and I can apply them honestly most of the time.
- To understand there are different skills for different situations and I am beginning to apply this.

### **Key Vocabulary**

Accelerate, angle, create, drive, intercept, maintain, opposition, pressure, receiver, rebound, situation, sportsmanship, stance, support, technique, tournament

Session 1 – To explore attacking skills in different situations.

#### **Success Criteria**

- As soon as a pass has been made, move into a new space to receive another pass.
- If you don't receive a ball, move again.
- Move into space showing an awareness of your teammates and the defenders.
- Use a variety of passes to suit the distance you need to throw.
- Use verbal and non verbal communication to show where and when you want to receive the ball.

#### **Whole Child Objectives**

- Social: To communicate with my teammates on where I want to receive a ball.
- Emotional: To be honest with playing to the rules and owning up to any rule breaks.
- Thinking: To decide how much power I need to put into a pass dependent on distance.

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Bounce pass video to be shown –

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12290>

Chest pass video to be shown – <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12291>

Landing and pivot video to be shown –

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12293>

Shoulder pass video to be shown -

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12292>

### Vocabulary

Intercept, receiver, situation, stance

Session 2 - To develop movement skills to lose a defender in different situations.

### Success Criteria:

- Accelerate past a defender, driving into space.
- Keep on the balls of your feet, ready to change direction.
- Move into space as soon as you have passed the ball.

### Whole Child Objectives:

- Social: To praise a teammate on a successful movement.
- Emotional: To independently manage our games.
- Thinking: To decide on movements suitable to beat a defender.

Losing a defender video to be shown -

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=27382>

### Vocabulary

Situation, accelerate, create, drive

Session 3 – To communicate with my team, move into space and take the ball towards goal.

### Success Criteria:

- Drive into space with purpose.
- If you don't receive a ball, move again.

### Whole Child Objectives:

- Social: To support your teammates by calling their name and getting free for the ball.
- Emotional: To persevere when trying to get free.
- Thinking: To identify ways to create space for other players to receive a ball.

### Vocabulary

Create, drive, support

Session 4 - To defend an opponent and know when to try and intercept.

### Success Criteria:

- Keep in a ready position with knees bent.
- Stay side on to see the ball and the player you are marking.
- Stretch out to intercept the ball.

### Whole Child Objectives:

- Social: Help others in your group practise with varying amounts of pressure to help them improve.
- Emotional: Play games with good sporting behavior when winning and losing.

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- Thinking: Time when to make an interception.

### Vocabulary

Intercept, opposition, angle, receiver

Session 5 – To develop attacking skills to score under pressure.

### Success Criteria:

- Identify your best area to shoot, higher percentage chance of success.
- Rebound your shot if you miss.
- Use a balanced stance. Feet shoulder width apart.

### Whole Child Objectives:

- Social: Encourage teammates by celebrating each other's successes.
- Emotional: Show resilience - shooting is a difficult skill to master!
- Thinking: To identify where in the shooting circle is a good place to shoot from

One handed netball shot video to be shown –

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=24742>

Two handed netball shot video to be shown -

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=11170>

### Vocabulary

Rebound, stance, intercept, maintain

Session 6 – To use and apply skills, principles and tactics to a game situation.

### Success Criteria:

- Consider the whole team's thoughts and ideas on tactical and positional play.
- Move the ball towards the goal using a variety of passes and movement skills.

### Whole Child Objectives:

- Social: To respect the umpire's decision.
- Emotional: To work as a team to self-manage games.
- Thinking: Discuss the best way to move the ball towards goal to create scoring opportunities.

### Vocabulary

Create, situation, sportsmanship, tournament, technique

### Future learning this content supports:

Children will be developing skills further such as their balance, coordination, speed, stamina and agility which are transferrable to other units across Year 5 and 6. These skills are essential in sports such as gymnastics, basketball, handball, hockey and tag rugby which they visit in Year 6. In addition, children will continue to develop further understanding of netball and gain broader knowledge of netball vocabulary.