

## Year 5 Netball

### National Curriculum objectives

Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.  
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### Key Learning

- Pass, Pivot pass, shoot & throw with accuracy, including chest, bounce and overhead
- Use tactics for game dominance, building on dodge and marking
- Develop footwork
- Play to rules

### Equipment

- Netballs – one per pair.
- Hoops to practise bounce/overhead passes.
- Whistle.
- Cones
- Netball posts
- Netball bibs
- Bean bags

### Key Vocabulary

**Accuracy:** How close to the target you are able to shoot the ball.

**Bean bag:** A piece of PE equipment.

**Bounce:** When you throw the ball with a deliberate bounce on the ground

**Catch:** Grasping a ball which is moving through the air into your hands

**Chest:** A front upper area of the body.

**Control:** Being able to deliberately move yourself or the ball where you want at all times.

**Hoops:** In netball, these are often metal rings on a pole – a team scores when a Goal Shooter or Attacker throws the ball so it falls through a hoop.

**Overhead:** Movement which happens above head height.

**Pass:** To deliberately throw the ball to another player on your team.

**Pivot:** To twist or spin around whilst keeping one foot stationary.

**Rope ladders:** A piece of training equipment.

**Strategy:** An overarching plan, the 'big picture'.

**Tactics:** Specific actions that are part of your strategy.

### Key Questions

Can you describe how to make a chest pass and catch one?

When might you use the different types of passes

What is the footwork rule?

What is the best place to shoot from?

### Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- Wear suitable footwear
- Use correct techniques
- Complete a warm-up and cool-down