

Developing decision making and applying an understanding of court positions and different player positions.

Year : 5

Unit— Netball

Golden Threads: Good Health

NC – Play competitive games and apply basic attacking and defending

Compare performances with previous ones and demonstrate improvement to achieve personal best.

Key Knowledge



Footwork – when receiving the ball, you cannot move the landing foot

Defending – you must be 0.9 m away.

Obstruction results in a penalty pass or shot

Start – play is started when the centre steps one foot into the centre circle.

Key Skills

Throw – using different passes

Catch – catching the ball from a variety of passes

Dodge – evading an opponent

Jump – jumping to contest for the ball

Balance – landing safely and effectively without footwork

Key vocabulary: Space, centre pass, obstruction, centre circle, intercept, centre third, double dodge, pivot, footwork, lob, chest pass, bounce pass

Learning Journey

1. Pass the ball effectively
2. How to pivot correctly
3. How to effectively move into space in half court games
4. How to restrict attacking play
5. How to attack and defend
6. How to play in a High-Five netball constellation