

PE netball/basketball ball skills

Y5



National Curriculum subject content:

- ✓ Use running jumping, throwing and catching in isolation.
- ✓ Play competitive games and apply basic principles of attacking and defending.
- ✓ Develop flexibility, strength, technique, control, and balance

National Curriculum theme:

- ✓ Attacking and defending
- ✓ Large ball skills

Key Vocabulary:

Catching	To receive ball in hands
Own space	Area of own
Team	A group of people
Speed/ space timing	How long something takes
Direction	The way you travel
Scoring accuracy	Points in a game
Reaction time area intercept	How quick you do something. Get into an area / get the object
Mark/ possession	Physical control of the ball
Defend Attack	To keep area safe from others entering or scoring
Netball specific	Dodge, shoot pass, distance, goal, third, centre, positional play
Basketball specific	Dribble, travel, shoot, backboard, key zone

Sequence of Learning:

Objectives (key knowledge):

To learn to throw and pass a ball using chest pass, overhead and bounce.	To learn the movements within the game including footwork and marking.	To demonstrate basic passing and receiving skills within the game.	Demonstrate a range of defending skills and understand how to mark an opponent.	To complete a mini game. (Groups within class)	To complete a mini game Intra Event.
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Fundamentals

Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance.	Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Agility the ability to rapidly change direction, accelerate or decelerate	Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination
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