

**PE Medium Term Plans- Netball.**

	Spring 1					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
<b>KS1</b>	<b>Milestone 1 objectives covered:</b> <ul style="list-style-type: none"> <li>Use running, jumping and catching skills in combination.</li> <li>Children learn to catch a large ball without cradling it.</li> <li>Use the terms 'opponent' and 'team-mate'.</li> <li>Catch a large ball without cradling or trapping it.</li> <li>Change direction.</li> <li>Recognise space on a court.</li> </ul>					
<b>Y1 working towards milestone 1 objectives.</b>	Moving in a variety of ways including running and sidestepping. Children learn to jump and land effectively.	Moving in a variety of ways and directions. Children learn to throw and catch using correct chest-pass technique.	Changing direction when running or sidestepping. Children learn to throw and catch using correct overarm technique.	Children use all their movement skills to evade an opponent. Children participate in practices involving chest passes and overarm passes.	Children use their movement skills to find space on the court. Children participate in small games with opponents and a team-mate.	<b>Assessment</b> Children participate in small sided games.
<b>Y2 working towards milestone 1 objectives.</b>	Moving in a variety of ways including running and sidestepping. Children learn to run, jump, catch and land effectively.	Moving in a variety of ways and directions. Children learn to throw and catch using correct chest-pass technique. They are extended to moving and catching.	Changing direction when running or sidestepping. Children learn to throw and catch using correct overarm technique.	Children use all their movement skills to evade an opponent. Children participate in practices involving chest passes and overarm passes.	Children use their movement skills to find space on the court. They change their pace to evade their opponent. Children participate in small games with opponents and a team-mate.	<b>Assessment</b> Children participate in small sided games.
<b>LKS2</b>	<b>Milestone 2 objectives covered:</b> <ul style="list-style-type: none"> <li>Throw and catch with control and accuracy.</li> <li>Follow the rules of the game and play fairly.</li> <li>Throw overarm for distance with increasing accuracy.</li> <li>Catch a large ball while on the move.</li> <li>Be able to change direction quickly.</li> <li>Evade an opponent.</li> <li>Recognise how to use space to make it easy for team mates and difficult for opponents.</li> </ul>					
<b>Y3 working towards milestone 2 objectives.</b>	Children move in a variety of ways and directions. Children throw and catch accurately using the chest pass and over-arm passes.	Children change direction quickly when running or sidestepping. Children learn to run, jump and land 'one-two'.	Children use changes in direction to evade an opponent through dodging sideways. Children play 'piggy in the middle'. They must dodge to evade their opponent and receive the ball on the move. The thrower must pass the ball away from the opponent and ahead of their team-mate.	Children use their movement skills to find space on a court. They use dodging forwards and backwards dodging skills to evade their opponent. Children play 2v2 games where a number of passes equals a goal. They apply their dodging and passing skills accurately.	Children participate in small games. They follow the rules and play fairly.	<b>Assessment</b> Children participate in small sided games.
<b>Y4 working towards milestone 2 objectives.</b>	Children move in a variety of ways and directions. Children throw and catch accurately using the chest pass and over-arm passes.	Children change direction quickly when running or sidestepping. Children learn to catch the ball while moving by jumping and landing 'one-two'.	Children use changes in direction to evade an opponent through dodging sideways. Children play 'piggy in the middle'. They must dodge to evade their opponent and receive the ball on the move. The thrower must pass the ball away from the opponent and ahead of their team-mate.	Children use their movement skills to find space on a court. They use dodging forwards and backwards dodging skills to evade their opponent. Children play 2v2 games where a number of passes equals a goal. They apply their dodging and passing skills accurately.	Children participate in small games. They follow the rules and play fairly.	<b>Assessment</b> Children participate in small sided games.
<b>UKS2</b>	<b>Milestone 3 objectives covered:</b> <ul style="list-style-type: none"> <li>Uphold the spirit of fair play and respect in all situations.</li> <li>Combine running, jumping, throwing and catching skills in game situations.</li> <li>Pass and receive a ball while on the move.</li> </ul>					

	<ul style="list-style-type: none"> <li>• Throw accurately in a variety of ways.</li> <li>• Catch a ball in a variety of positions relative to the body.</li> <li>• Pass and move quickly into space, making decision about when and where to move.</li> <li>• Defend a space or player.</li> <li>• Communicate effectively during a game.</li> </ul>					
<b>Y5 working towards milestone 3 objectives.</b>	Children move into space in a variety of ways. Children pass accurately using the chest pass, over-arm throw pass and bounce pass.	Children use dodging techniques to move into space, away from an opponent. Children catch a ball accurately above their head, at waist height and out to their side. Children exchange passes with a partner whilst moving in a straight line across the court.	Children exchange passes with a partner whilst moving around the court. They move quickly into space after passing.	Children mark a player as they move into space. Children practice marking a player who is attempting to move to receive the ball. Children learn to mark a player that has possession of the ball.	Children play small sided games. They follow the rules and show fair play.	<b>Assessment</b> Children participate in small sided games.
<b>Y6 working towards milestone 3 objectives.</b>	Children move into space in a variety of ways. Children pass accurately using the chest pass, over-arm throw pass and bounce pass. They vary the force they throw with.	Children use dodging techniques to move into space, away from an opponent. Children catch a ball accurately above their head, at waist height and out to their side. Children exchange passes with a partner whilst moving in a straight line across the court. They use their hands to signal to each other where they would like to receive the ball.	Children exchange passes with a partner whilst moving around the court. They move quickly into space after passing and use hand signals to show which type of pass they would like to receive.	Children mark a player as they move into space. Children practice marking a player who is attempting to move to receive the ball. Children learn to mark a player that has possession of the ball.	Children play small sided games. They follow the rules and show fair play. They communicate effectively using words and hand signals.	<b>Assessment</b> Children participate in small sided games.