


Caroline Haslett Primary School - PE

Topic: Games	Year 5	Netball
<p>Knowledge</p> <ul style="list-style-type: none"> • Understand how to use space and gaps to receive a ball • Understand how varying speed and passes can outwit opponents • Begin to understand footwork rule • Understand strengths and weaknesses in others 		<p>Vocabulary</p> <ul style="list-style-type: none"> • Dodging - the art of moving from side to side to confuse the opponent before sprinting off to catch the ball. • Shielding- holding up arms to prevent opponent from scoring • Toss-up - ball thrown by umpire between 2 opposing players standing 1 metre apart to decide which team regains possession of ball • Overhead pass - ball held with both hands a few centimetres above head; thumbs under the ball; fingers spread out; elbows tucked in. Release ball high above head. Lean into pass with body weight towards target. 
<p>Activities</p> <ul style="list-style-type: none"> • Play games with less attackers to encourage looking for gaps • Create and play competitive games, keeping to the agreed rules 		
<p>Skills</p> <ul style="list-style-type: none"> • Jump to receive the ball with reasonable timing • Use a range of techniques when passing, e.g. <i>high, low, bounced, fast, slow</i> • Time passing of ball to co-ordinate with team mate catching it whilst moving • Pivot using the correct footwork • Sometimes shoot on target – lowered net 		