



P

ROGRESSION OF KEY SKILLS

Netball

Early Years (progressions through first PE unit/Enjoy-a-ball)

EY

- Throw to self, catching a soft ball/balloon
- Experiment with rolling the ball, throw and catch to self and to a partner (hand-eye co-ordination)
- Moving around, changing direction and negotiating space
- Fun games, encouraging throwing and catching different types of ball
- Passing with a partner and counting to 5 and 10
- Shooting into a target or hoop on the floor
- Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)

1

Year 1 (progressions through ball skills/ball games)

- Catch a soft ball safely. Pass a soft ball from the chest - 'W' shape when passing and receiving
- Adapted game introducing footwork- no running with the ball
- Move into a space in a game, looking to throw the ball to someone in a space
- Follow an opponent in a game/adapted game
- Scoring in a variety of ways- into hoops and targets
- Begin to develop tactics for attacking and defending.
- Small sided games (super hero ball) 3 v 3

2

Year 2 (progressions through ball skills/ball games)

- Introduce a bounce pass from a short distance to a partner
- Adapted games - Feet are stuck when receiving the ball - developing thought process of footwork rule
- Move into a space to catch a ball. Pass the ball to someone in a space
- Follow an opponent and trying to win (intercept) the ball
- Scoring in a variety of ways and begin to use in a game situation
- Develop tactics for attacking and defending
- Play an adapted super hero netball game.

3

Year 3

- Pass and receive a netball safely (chest and bounce pass). Pass the ball in a game within 4 seconds
- Perform a stride and jump stop in netball
- Perform a dodge in netball to get into a space
- Marking a player, keeping on the balls of your feet
- Shooting the ball high and bending knees-into hoop/target
- Adapted games, begin to apply some basic principles for attacking & defending
- Introduce Bee netball (Flier)

4

Year 4

- Pass and receive, stepping into the pass with control (chest, bounce and shoulder pass)
- Perform a stride and jump stop with a pivot
- Perform two different dodges (Drive and the dodge) creating space to receive the ball
- Marking a player, standing side on, sticking to player
- Shooting- focus on bending the knees and place hand under the ball to shoot
- Encourage children to talk about tactics when attacking and defending
- Confidently play Bee netball (Flier) 4v 4

5

Year 5

- Selecting the correct pass in a game and move into a space
- Receive the ball on the move and perform the correct footwork (jump stop, stride stop and pivot)
- Perform three different dodges (Drive dodge and double dodge) and receive a ball in a space
- To defend a player and attempt to intercept a pass
- Shooting into netball posts - Stance, bend knees to gain height, flick wrist for accuracy
- Begin to use attacking and defending, techniques learned in a game situation
- Begin to understand the positions in a Bee Netball (Stinger) game
- In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)

6

Year 6

- Perform a variety of passes with some precision - quickly move into a space to receive another pass
- Perform correct footwork in a game - pivoting to turn the correct way to pass the ball
- Perform a variety of dodges to move into a space and receive a ball - in a practice and in a game situation
- Defend a player during a game, intercepting the ball
- Shoot into a netball post, focus on precision and accuracy and attempt to get the rebound if the shot is missed
- In a team, discuss tactics and how to win as a team (communicate and collaborate)
- Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending
- Play Bee Netball (Stinger) - understanding the positions and rules

