

Caroline Haslett Primary School - PE

Topic: Games

Year 4

Netball

Knowledge

- Know the best place to stand to receive a ball
- Begin to understand the appropriate pass for given situations
- Know how to make a game harder for opponents

Vocabulary

Marking
Staying close to an opponent to prevent him/her from catching the ball.

Pivot
When the landing foot stays grounded and the player turns on the spot in order to face and throw in another direction.

Activities

- Practise passing with correct technique - moving and static
- Play small-sided and larger games
- Play possession games
- Play games with more attackers so that they can be more successful

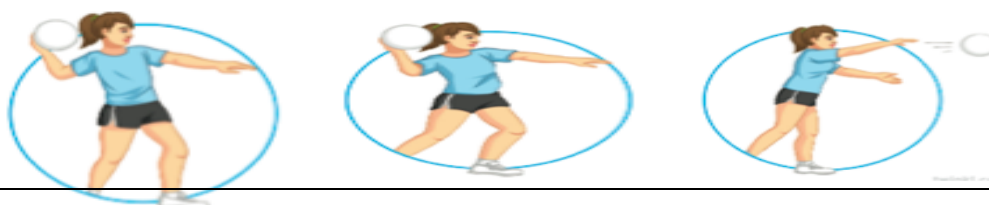
Shoulder Pass
Hand behind the ball with fingers spread apart. Elbow bent - ball should be slightly behind your head, at shoulder height and to one side. Use whole arm to propel the ball in a straight line towards your target.

Transfer Weight - Change weight from one foot to the other

Skills

- Catch the ball consistently with 2 hands and 1 hand while static and on the move
- Perform passes with some elements of correct technique
- Use more than one type of pass in a small-sided game
- Begin to pivot using the correct footwork

Shoulder pass



Games - striking and fielding, net and wall and invasion progression

Year 4

Refine passing and receiving.

Develop passing and dribbling, creating space.

Develop passing, moving and shooting.

Refine passing and shooting.

Develop footwork.