



Subject:

PE

Topic:

Ball Handling

Year Group:

Year 5

What I should already know:

- Use a range of skills to keep possession and control of the ball
- Use a range of skills and tactics to make space, create opportunities and progress towards goal
- Weigh up options and make decisions when attacking and defending
- Know how to deny space in games situations
- Review successes and identify areas for improvement when attacking and defending

Vocabulary:

Netball, basketball, dribble, travel, footwork, land, pivot, pass (chest, shoulder, bounce, overhead), distance, direction, height, step into (passing), receive, rules, push, follow, mark, defend, intercept, signal, get free, outwit opponent, create space, fake, dodge, shoot, circle (D), rebound, positioning, Netball positions – GK, GD, WD, C, WA, GA, GS and roles of these – restrictions on court, sections of play, progress up the court, use of width.

What I will know by the end of the unit:

- To demonstrate accuracy and consistency when passing, dribbling, receiving and shooting
- Understand footwork rules in netball and basketball applying these in their play
- Select appropriate passes showing understanding of which is best/when and make decisions quickly
- Play modified versions of games leading to full play using positions and understanding which are attack/defence
- Dodge to get free with increasing success, signalling for the ball and creating space to progress up the court
- Apply defensive skills of marking and intercepting in games situations
- Learn correct shooting techniques
- Evaluate their own and others performances making suggestions for improvement

Activities I can take part in to achieve my objectives:

- Independent, paired and small group passing, catching, footwork and receiving practices
- Small sided games i.e. piggy in the middle with focus on dodging, defending etc.
- Small group practices with focus i.e. passing into space, getting free, defending/marketing, maintaining possession etc.
- Target zone/goal scoring small sided games
- Teaching shooting and footwork rule
- Teaching of netball positions and restrictions on court
- Full games applying rules, skills and tactics