



## PE PROGRESSION OF KEY SKILLS – NETBALL AND BASKETBALL

<b>BALL SKILLS: SENDING AND RECEIVING</b>	<p>Activities will be taught through carefully planned skill based tasks and warm ups: individually, with a partner or in a small group. Skills will then be developed further and consolidated through small games based activities, starting with 3 or 4 players passing and receiving the ball.</p> <p>Teachers can differentiate through revisiting previous year group tasks and skills based activities from previous year groups to support further development of skills for individual pupils.</p>
<b>RECEPTION</b>	<p><b>As netballers, we are learning to:</b></p> <ul style="list-style-type: none"> <li>- send a ball accurately following a straight path: rolling a ball at a given target</li> <li>- send a ball accurately following a straight path: throwing a ball or beanbag at a given target</li> <li>- bounce a ball with two hands and then catch/ collect the ball with two hands</li> </ul>
<b>YEAR ONE</b>	<p>Revision and consolidation of skills taught above and then progress to the skills below.</p> <p><b>As netballers, we are learning to:</b></p> <ul style="list-style-type: none"> <li>- receive the ball from a partner a short distance away</li> <li>- send and receive the ball from a two handed under-hand throw</li> <li>- send and receive the ball from a chest pass</li> <li>- send and receive the ball from a bounce pass</li> <li>- receive the ball landing 1 footed to 2 footed</li> </ul>
<b>YEAR TWO</b>	<p><b>As basketballers, we are learning to:</b></p> <ul style="list-style-type: none"> <li>- pass the ball using a chest pass, using correct foot position and hand position, increasing the distance the ball travels</li> <li>- passing the ball whilst moving</li> <li>- bounce and catch the ball with two hands</li> <li>- bounce the ball with one hand</li> <li>- bounce the ball with one hand with increasing speed</li> <li>- bounce the ball with one hand, increasing the number of bounces in a row</li> <li>- dribble the ball whilst moving</li> <li>- shoot the ball into the net using two hands</li> </ul>
<b>YEAR THREE</b>	<p>Revision and consolidation of skills taught above and then progress to the skills below.</p> <p><b>As netballers, we are learning to:</b></p> <ul style="list-style-type: none"> <li>- chest pass the ball using correct stance and handling of the ball</li> <li>- bounce pass the ball so it bounces directly in front of the other player</li> <li>- send a chest pass to a moving player</li> </ul>

	<ul style="list-style-type: none"> <li>- send and receive a ball using spaces on the basketball court</li> <li>- mark a player, dodge and intercept the ball</li> <li>- shoot with increasing accuracy using a two handed push</li> <li>- not move with the ball and use accurate footwork and pivoting</li> <li>- play small sided games with increasing understanding of the footwork rule</li> </ul>
<b>YEAR FOUR</b>	<p>Revision and consolidation of skills taught above and then progress to the skills below.</p> <p><b>As basketballers, we are learning to:</b></p> <ul style="list-style-type: none"> <li>- use a range of passes accurately and know when to use them</li> <li>- use a one handed side bounce pass</li> <li>- use an overhead pass</li> <li>- use a leave pass</li> <li>- increase accuracy and control when dribbling the ball</li> <li>- move with increasing speed with the ball</li> <li>- shield with ball using defensive dribbling</li> <li>- shoot the ball with one hand</li> <li>- shoot the ball with increasing accuracy</li> <li>- defend and mark the player in small sided games</li> </ul>
<b>YEAR FIVE</b>	<p>Revision and consolidation of skills taught above and then progress to the skills below.</p> <p><b>As netballers, we are learning to:</b></p> <ul style="list-style-type: none"> <li>- use chest and bounce passes with increasing accuracy, speed and control</li> <li>- use a two handed side pass</li> <li>- shoot the ball with a two-handed push with increasing accuracy, power and control</li> <li>- understand shooting and rebounding with increasing power</li> <li>- retrieve the ball</li> <li>- play 5-aside game understanding travelling and positioning on the court</li> <li>- use player to player marking more effectively</li> <li>- rotate positions using the high-five format</li> </ul>
<b>YEAR SIX</b>	<p>Revision and consolidation of skills taught above and then progress to the skills below.</p> <p><b>As basketballers, we are learning to:</b></p> <ul style="list-style-type: none"> <li>- increase power and control when dribbling the ball through pounding the ball</li> <li>- improve footwork through pivoting</li> <li>- receive the ball through a range of passes</li> <li>- switch between dribbling mode and shooting mode in a game situation</li> <li>- 'sell a dummy' with the opposition</li> </ul>

- improve distance shooting – power and accuracy
- develop ball control through applying backspin
- set up and use a 'lay-up'
- play defensively and 'steal the ball'
- game techniques such as blocking and rebounding