



# CRIGGLESTONE ST. JAMES CE PRIMARY ACADEMY

## Physical Education Netball - Progression Document



‘Ready for the Future’

# Physical Education - Intent

At Crigglestone St James Academy, we believe that physical education is vital to pupils' physical, mental, social and emotional development and health. Children at St James are encouraged to reach their full potential in an inclusive and engaging environment which supports and challenges all children. Our aim is for physical education to help children be "Ready for the Future" in all aspects of their life through developing creativity, curiosity and resilience, experiencing leadership and forming social relationships.

We have an inclusive curriculum which allows children to learn new skills, as well as build upon their prior knowledge from past physical education lessons. Our curriculum is based around six key sporting values: determination, passion, respect, honesty, self belief and teamwork. We give our children a breadth of sporting opportunities both within the curriculum and through extra-curricular activities. Children use the sporting values and develop their sporting skills which can lead to representing the school in the intra house and inter school festivals, community festivals, national competitions and other sporting events.

A sports person is more than just excelling in a specific sport. We want our children to understand the importance of leading a healthy lifestyle and know how to take care of themselves both physically and mentally in order to be successful in their future.

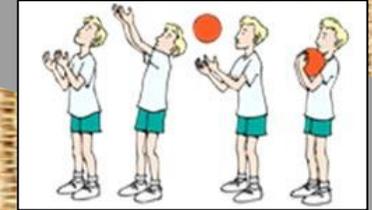
# Netball Journey

## Reception

Begin to throw a ball underarm using two hands  
Begin to catch a ball with two hands  
Explore different ways to move and use a ball

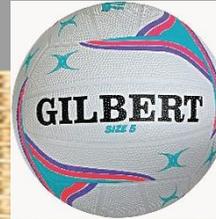
## Year 1

Send a ball towards a target exploring different ways of throwing (overarm and underarm)  
Show more control in catching a ball with two hands  
Develop spatial awareness



## Year 3

To be able to perform basic netball skills (passing and catching using recognised netball throws)  
To use space efficiently to build attacking plays  
Move into space to make it difficult for opponents  
Begin to understand the basic rules of netball



## Year 2

Throw a ball with more control and in different ways (fast, slow, high and low)  
Catch a ball with control  
Pass a ball to keep possession  
Use spatial awareness to be able to receive the ball in space  
Begin to participate in invasion games

## Year 4

Learn the positions of high five netball  
Begin to implement the rules of high five netball  
Develop skills of marking and footwork  
Pass the ball using different techniques and in different ways with accuracy  
Use a range of skills to keep possession of the ball to shoot



## Year 5

.Use specific netball skills in games with some confidence (pivoting, dodging, bounce pass)  
Know the difference between attacking and defensive skills  
To play in different positions during netball games  
Develop awareness of supporting others on the team

## Year 6

To work as a team to improve group tactics and gameplay  
Play within the rules using blocking skills for shots and passes  
Develop defensive skills  
Keep possession when faced with opponents  
Evaluate performance during and after a game

