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| **Physical Education Medium Term Plan- Spring 2**This term students will learn and understand the rules of Netball, practice the requisite skills, and demonstrate their abilities to perform various physical movements in a competitive game. |
| **Year Group:** 5 **Topic- Netball** |
| **National Curricular Focus**  |
| * Play in competitive games developing strength and technique
* Able to recognise where improvements could be made in their work
* Select and combine more complex skills in game situations
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| **Lesson Objectives for weeks1-6** |
| * Introduce pupils to netball and the rules
* I can apply basic shooting techniques
* To be able to demonstrate and implement some basic netball rules
* I can pass a ball in a range of ways (bounce, chest, shoulder and overhead)
* I can pivot using the correct technique
* To be able to increase power and strength of my passes, passing the ball over a larger distance
* To gain the knowledge and understanding of when and why to attack space
* I can find space to receive a pass
* I can shoot one handed
* I can play in a game situation
* To be able to attack and defend in a game situation
* I can keep possession of the ball
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| **Assessment covered in term** |
| **Assessment statements from Progress in PE****2. Throwing and Catching (Team Games, Netball, Rugby, Basketball)**1. I can use a one handed shooting technique (feet facing post, bend knees and elbow, flick with wrist, support ball with non-shooting hand, up onto toes and stretch follow through) and score in a netball or basketball net most of the time

6. I can throw a ball with skill to prevent interception7- I can vary my pass according to the receiver (to suit position, height and skill level)8- I can make an interception in a game situation **6. Achieving my Personal Best and Healthy, Active Lifestyles**1. I can set and achieve my own target in PE, taking measurements or times
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| **Vocabulary** |
| Control Use spaceDefend AttackChest passShoulder pass Overhead passBounce passShooting Net   | CollaborateTeamwork Score Shoot Footwork Foul Free passPivot  Post Tactics |