



P

# PROGRESSION OF KEY SKILLS

## Netball

Early Years (progressions through first PE unit/Enjoy-a-ball)

EY

Throw to self, catching a soft ball/balloon  
Experiment with rolling the ball, throw and catch to self and to a partner (hand-eye co-ordination)  
Moving around, changing direction and negotiating space  
Fun games, encouraging throwing and catching different types of ball  
Passing with a partner and counting to 5 and 10  
Shooting into a target or hoop on the floor  
Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)

1

Year 1 (progressions through ball skills/ball games)

Catch a soft ball safely. Pass a soft ball from the chest - 'W' shape when passing and receiving  
Adapted game introducing footwork- no running with the ball  
Move into a space in a game, looking to throw the ball to someone in a space  
Follow an opponent in a game/adapted game  
Scoring in a variety of ways- into hoops and targets  
Begin to develop tactics for attacking and defending.  
Small sided games (super hero ball) 3 v 3

Year 2 (progressions through ball skills/ball games)

2

Introduce a bounce pass from a short distance to a partner  
Adapted games - Feet are stuck when receiving the ball - developing thought process of footwork rule  
Move into a space to catch a ball. Pass the ball to someone in a space  
Follow an opponent and trying to win (intercept) the ball  
Scoring in a variety of ways and begin to use in a game situation  
Develop tactics for attacking and defending  
Play an adapted super hero netball game.

3

Year 3

Pass and receive a netball safely (chest and bounce pass). Pass the ball in a game within 4 seconds  
Perform a stride and jump stop in netball  
Perform a dodge in netball to get into a space  
Marking a player, keeping on the balls of your feet  
Shooting the ball high and bending knees-into hoop/target  
Adapted games, begin to apply some basic principles for attacking & defending  
Introduce Bee netball (Flier)

Year 4

4

Pass and receive, stepping into the pass with control (chest, bounce and shoulder pass)  
Perform a stride and jump stop with a pivot  
Perform two different dodges (Drive and the dodge) creating space to receive the ball  
Marking a player, standing side on, sticking to player  
Shooting- focus on bending the knees and place hand under the ball to shoot  
Encourage children to talk about tactics when attacking and defending  
Confidently play Bee netball (Flier) 4v 4

5

Year 5

Selecting the correct pass in a game and move into a space  
Receive the ball on the move and perform the correct footwork (jump stop, stride stop and pivot)  
Perform three different dodges (Drive dodge and double dodge) and receive a ball in a space  
To defend a player and attempt to intercept a pass  
Shooting into netball posts - Stance, bend knees to gain height, flick wrist for accuracy  
Begin to use attacking and defending, techniques learned in a game situation  
Begin to understand the positions in a Bee Netball (Stinger) game  
In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)

Year 6

6

Perform a variety of passes with some precision - quickly move into a space to receive another pass  
Perform correct footwork in a game - pivoting to turn the correct way to pass the ball  
Perform a variety of dodges to move into a space and receive a ball - in a practice and in a game situation  
Defend a player during a game, intercepting the ball  
Shoot into a netball post, focus on precision and accuracy and attempt to get the rebound if the shot is missed  
In a team, discuss tactics and how to win as a team (communicate and collaborate)  
Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending  
Play Bee Netball (Stinger) - understanding the positions and rules

