PE Curriculum Journey

Ball Skills Hands (KS1) - Netball KS2

Reception

I can roll, bounce and push a ball with increasing control.

I can aim at a target.

I can run and move into a space

I can follow simple rules in a game.

Year 1

I can roll or throw a ball at a target with increasing accuracy.

I am ready to receive the ball and can look at my partner when passing.

I can run at different speeds and directions.

I can follow the rules and take turns.

Year 2

I can use the correct technique for dribbling and throwing underarm.

I can change direction and speed when moving with a ball.

I can move and pass a ball with increasing accuracy.

I can use simple attacking and defending strategies.

Year 3

I can pass the ball keeping possession to beat an opponent.

I can use the correct position for a chest pass.

I can move and create space to help keep possession.

I am beginning to understand the different roles in the game.

Year 4

Year 5

I can use different passes in a game (chest, shoulder, bounce) in order to keep possession.

I can move the ball up the court to create scoring opportunities.

I can begin to mark players and effectively stop passes.

Year 6

I can apply attacking and defensive tactics to create scoring opportunities and prevent losing possession.

I understand the different roles of each position in Netball.

I can organise a team and apply the basic rules taking responsibility for officiating.

Year 7

Create and execute effective attacking and defending tactics.

Understand the role each member of the team will play and take on the role of team captain.