‘Curriculum is the Progression Model’

FUNdamental movement skills > Netball

I know the strengths and weaknesses of attacking tactics in Netball and when to select which approach and why. (Prog. Pointers - Height to play—Move the ball fast to exploit space, pass to hand furthest away from defender)

I can select and apply subject specific movements and utilise them in varied environments. I understand when and why to alter tactics.

I know how to use leadership skills and my skills and knowledge to ensure my team make effective decisions during conditioned games

I know how to throw and catch in pairs without variables (Prog. Pointers—list teaching points, increase distance, reduce size/ predictability of object)

I know the strengths and weaknesses of defensive tactics in Netball and when to select which approach and why. (Prog. Pointers - ‘Forcing in’, loud communication, full/half press)

I know how to throw over-arm to stationary targets (Prog. Pointers—list teaching points, increase distance, reduce targets)

I understand the rules of Netball sufficiently to make effective attacking decisions (Footwork rules, 3 second rule, feet inside shooting circle)

I know how to throw under-arm to stationary targets (Prog. Pointers—increase distance, list teaching points, reduce targets)

I know how and when to adapt shooting technique for success (increased power for larger distances, larger angle to shoot over GD)

I know how to and when to use a javelin, chest and bounce pass (Prog. Pointers—Increase distance, add defender)