



Key Stage 3 progress grid

Subject PE

Year 9

Topic / skill area Netball

Trajectory	I am able to
T9, T8	<ul style="list-style-type: none"> <input type="checkbox"/> explain what skill set is best for each position- both health-related and skill related components of fitness <input type="checkbox"/> pick and change a team depending upon the opposition skill set. <input type="checkbox"/> lead the whole class in an effective warm up <input type="checkbox"/> play in a number of positions with success <input type="checkbox"/> demonstrate a very good level of accuracy and consistency in both attack and defence. <input type="checkbox"/> use complex footwork and passing skills with consistent precision and control <input type="checkbox"/> explain what skills are needed for different positions and why <input type="checkbox"/> coach players in how to use advanced footwork <input type="checkbox"/> categorise players from best to worse from watching, and give consistent accurate feedback on how they can improve
T7	<ul style="list-style-type: none"> <input type="checkbox"/> use my knowledge of netball when selecting positions for myself and team-mates <input type="checkbox"/> use my knowledge to plan tactics to beat an opponent in netball <input type="checkbox"/> plan a complex netball warmup and relevant practices <input type="checkbox"/> demonstrate knowledge and understand of centre passes <input type="checkbox"/> demonstrate and explain the a variety of passes, footwork and shooting techniques with precision and control <input type="checkbox"/> demonstrate good tactical awareness when attacking and in defence <input type="checkbox"/> examine the penalty/free passes giving feedback to others about rules and tactics <input type="checkbox"/> examine the more complex rules giving feedback to others about rules and tactics, 'such as over a third', offside and re-played ball <input type="checkbox"/> coach players making judgements about tactics/technique and able to give good advice on how to improve.
T6	<ul style="list-style-type: none"> <input type="checkbox"/> plan a variety of simple netball tactics <input type="checkbox"/> plan, select and demonstrate the correct stretches for netball when warming up <input type="checkbox"/> understand why a warm up is important. <input type="checkbox"/> accurately demonstrate the correct technique for dodging/footwork in a game <input type="checkbox"/> demonstrate how to use a feint dodge and sprint dodge <input type="checkbox"/> use simple tactics in a game <input type="checkbox"/> identify what good technique looks like in feint and sprint <input type="checkbox"/> identify when contact/obstruction has happened and the penalty for it <input type="checkbox"/> give identify what good technique looks like in passing and footwork
T5, T4	<ul style="list-style-type: none"> <input type="checkbox"/> plan a few basic netball tactics <input type="checkbox"/> demonstrate some stretches that I would use in netball <input type="checkbox"/> list some reasons a warmup is important <input type="checkbox"/> describe the basic rules about passing/footwork <input type="checkbox"/> perform a variety of marking and dodging <input type="checkbox"/> describe the basic techniques for passing and link passes together <input type="checkbox"/> give reasons why physical activity is good for my health and describe basic effects of exercise on my body <input type="checkbox"/> list some simple things that I could do to improve my performance. <input type="checkbox"/> describe why I have performed well
T3	<ul style="list-style-type: none"> <input type="checkbox"/> take part in a warm up <input type="checkbox"/> name what equipment is needed for Netball <input type="checkbox"/> perform a basic dodge and basic footwork <input type="checkbox"/> select and use some basic passes and use some basic tactics <input type="checkbox"/> say what I have done that is effective. <input type="checkbox"/> say at least one thing I could do to improve
T2, T1	<ul style="list-style-type: none"> <input type="checkbox"/> Begin to know how to do a warm up <input type="checkbox"/> Begin to know what equipment I need. <input type="checkbox"/> use some basic passes <input type="checkbox"/> Begin to be able to catch with more success <input type="checkbox"/> Begin to be able to identify when I do something well. <input type="checkbox"/> Begin to be able to say what do to improve



Progress