



PE – Handball – Year 5/6

Key Learning

1. To know how to use ball skills in a variety of ways – passing and shooting – and link these together.
2. To use skills with coordination, control and accuracy.
3. To know how to take part in competitive games confidently with a strong understanding of tactics.
4. To know the rules and positions for netball.
5. To apply attacking and defending skills.
6. To know how to use footwork and skills to progress the ball up field.

Vocabulary

Pivot	Keeping one foot on the ground while turning your body to face a different direction. This helps you find a teammate to pass to without breaking the footwork rule.
Footwork	A rule that says you must stop correctly when you catch the ball. You can't move your landing foot or take extra steps, or the other team gets the ball.
Offside	Each player has certain areas they're allowed in. If you step into a part of the court you're not allowed in, it's called offside.
Obstruction	Defenders must stay at least 3 feet (about 1 metre) away from the player holding the ball. If they're too close, it's obstruction.
Held Ball	You can only hold the ball for 3 seconds. If you don't pass or shoot in time, the other team gets the ball.
Interception	When a player catches a pass meant for someone on the other team. It's a great way to stop an attack.
Goal Circle	A semi-circle near each goal post. Only certain players are allowed in here to shoot or defend.
Centre Pass	The way each quarter and restart begin. The Centre throws the ball from the middle of the court to start play.
Bounce Pass	A type of pass that bounces once on the floor before reaching your teammate. It's useful to avoid defenders.
Marking	Staying close to the player you're defending to try to block passes or shots.
Turnover	When one team loses the ball (for example, through a mistake or foul), and the other team gains possession.

Key Athletes

Tracey Neville

Tracey Neville MBE is a former England netball player and coach, renowned for leading England to their first Commonwealth Games gold in 2018.



Helen Housby

Helen Housby MBE is an English netball star, renowned for her last-second goal securing England's 2018 Commonwealth Games gold. She was named 2023 World Cup MVP.

