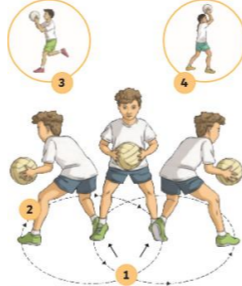

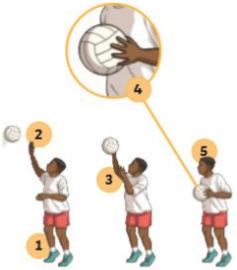
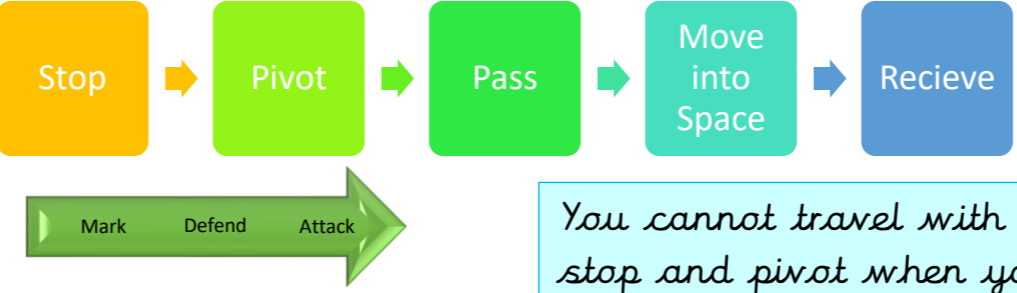


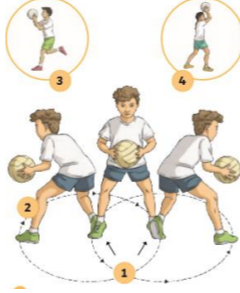

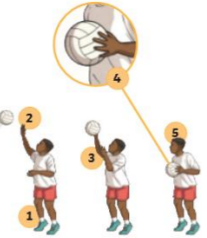
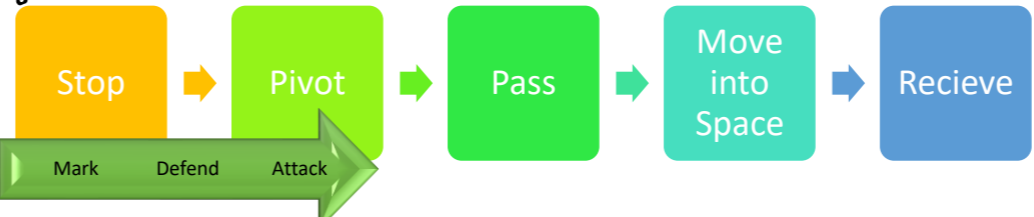
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Theme: Invasion Games - Netball	Year: 3	Subject: Physical Education
<p>What should I already know/be able to do?</p> <ul style="list-style-type: none"> Perform some dribbling skills with hands and feet using space Pass a ball accurately (hands & feet) over longer distances to a team mate Combine stopping, pick up/collect & send a ball accurately to other players Make simple decisions about when /where to move in game to receive a ball 	<p>How will I use this learning in the future?</p> <p>In year 4 you will use a chest pass and shoulder pass to support team in scoring, make decisions regarding which is the best type of pass to use. You will start to identify space to move into and show a clear target to receive a pass.</p>	<p>What vocabulary should I learn?</p> <p>centre pass the centre takes this pass from the centre circle at the start of a game or after each goal</p> <p>double dodge move one way then the other before pushing off explosively in the direction of travel</p> <p>footwork how you land when receiving the ball</p> <p>one-on-one marking players marking their opposition player to prevent them from receiving or passing the ball</p> <p>obstruction if you are closer than 1m to the player with the ball this is obstruction</p> <p>offside to enter an area of the court you are not allowed</p> <p>pivot swivelling on the ball of one foot and stepping with the other foot to face a different direction</p> <p>straight lead run outrun a defender by quickly accelerating forwards at a 45° angle to receive a pass</p> <p>throw in if the ball leaves the court a throw in is taken by the opposite team</p> <p>toss up when simultaneous possession occurs, a toss-up is taken</p> <p>Other Dodging, sprinting, balancing, momentum, agility, determination, stability, flexibility</p>
<p>What should I be able to do by the end?</p> <ul style="list-style-type: none"> Make a series of passes to team mates moving towards a scoring area. Show some signs of using a chest pass and shoulder pass. Show a target to indicate where I'd like to pass to. Know where space is and try to move into it. Mark another player and defend when needed. 	<p>Pivot: Use pivoting to get a good passing position. Keep one foot on the floor and turn around using the other foot.</p> 	
<p>Shooting</p>  <div data-bbox="635 1041 1012 1562" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Technique</p> <ol style="list-style-type: none"> Your feet should be in a comfortable forward-facing position. Hold the ball in your dominant hand above your head with your fingers pointed backwards and slightly open. The ball should sit in your hand. Place your second hand at the side of the ball to steady it. Your elbows should be slightly flexed and pointing towards the direction of the post. Focus on a point above the ring to give height to your shot. Get ready to release the ball by bending your knees and elbows slightly (but don't let the ball drop behind your head). Straighten your arms and legs as you release the ball. The initial power will come from your legs. Release the ball from above your head with a flick of your wrists as the ball comes off your fingers. </div>	<p>Passing:</p> <p>Chest pass: The quickest, most accurate and most used pass.</p> <p>Bounce Pass Use for short distances or when space is restricted.</p> <p>Overhead/Lob Pass Use pivoting to get into a good passing position.</p>	
<p>Catching. Catching the ball is very important. Make sure you stay aware. Hands in front ready to collect the ball.</p> 	<p>Traveling</p> 	<div style="border: 1px solid black; padding: 5px; background-color: #e0f7fa;"> <p>You cannot travel with the ball in netball. Remember to stop and pivot when you receive the ball.</p> </div>

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Theme: Invasion Games - Netball	Year: 4	Subject: Physical Education
What should I already know/be able to do? <ul style="list-style-type: none"> • Make a series of passes to team mates moving towards a scoring area. • Show some signs of using a chest pass and shoulder pass. • Show a target to indicate where I'd like to pass to. • Know where space is and try to move into it. • Mark another player and defend when needed 	How will I use this learning in the future? In your 5 you will use all passes correctly while in small games. Use a range of speeds during the game to help support your team. You will learn how to lose a player to receive a pass and how to make interceptions.	What vocabulary should I learn? centre pass the centre takes this pass from the centre circle at the start of a game or after each goal double dodge move one way then the other before pushing off explosively in the direction of travel footwork how you land when receiving the ball one-on-one marking players marking their opposition player to prevent them from receiving or passing the ball obstruction if you are closer than 1m to the player with the ball this is obstruction offside to enter an area of the court you are not allowed pivot swivelling on the ball of one foot and stepping with the other foot to face a different direction straight lead run outrun a defender by quickly accelerating forwards at a 45° angle to receive a pass throw in if the ball leaves the court a throw in is taken by the opposite team toss up when simultaneous possession occurs, a toss-up is taken Other Interception, opponent, possession, defence, attack, conceding, centre circle, goal attack/defence/keeper/shooter, wing attack/defence
What should I be able to do by the end? <ul style="list-style-type: none"> • Use a chest pass and shoulder pass to support team in scoring. • Make decisions regarding which is the best type of pass to use. • Begin to use a bounce pass, which only bounces once. • Identify space to move into and show a clear target to receive a pass. • Mark another player and begin to attempt interceptions. • Know where positions are allowed on a court 	Pivot: Use pivoting to get a good passing positions. Keep one foot on the floor and turn around using the other foot.	
Shooting  <div data-bbox="638 1102 1009 1617" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Technique</p> <ol style="list-style-type: none"> 1 Your feet should be in a comfortable forward-facing position. Hold the ball in your dominant hand above your head with your fingers pointed backwards and slightly open. The ball should sit in your hand. Place your second hand at the side of the ball to steady it. 2 Your elbows should be slightly flexed and pointing towards the direction of the post. 3 Focus on a point above the ring to give height to your shot. 4 Get ready to release the ball by bending your knees and elbows slightly (but don't let the ball drop behind your head). 5 Straighten your arms and legs as you release the ball. The initial power will come from your legs. 6 Release the ball from above your head with a flick of your wrists as the ball comes off your fingers. 7 </div>	Passing: Chest pass: The quickest, most accurate and most used pass. Bounce Pass Use for short distances or when space is restricted. Overhead/Lob Pass Use pivoting to get into a good passing position.	
Catching. Catching the ball is very important. Make sure you stay aware. Hands in front ready to collect the ball.	Traveling 	 <div data-bbox="2300 1638 2893 1858" style="border: 1px solid black; padding: 5px; background-color: #e0f0ff;"> You cannot travel with the ball in netball. Remember to stop and pivot when you receive the ball. </div>

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Theme: Invasion Games - Netball Year: 5 Subject: Physical Education

What should I already know/be able to do?

- Use a chest pass and shoulder pass to support team in scoring.
- Make decisions regarding which is the best type of pass to use.
- Begin to use a bounce pass, which only bounces once.
- Identify space to move into and show a clear target to receive a pass.
- Mark another player and begin to attempt interceptions.
- Know where positions are allowed on a court

How will I use this learning in the future?

In your 6 you will learn to use your landing foot to change direction and lose a defender. Draw defenders away to create space and position your body to defend and intercept successfully.

What vocabulary should I learn?

centre pass
the centre takes this pass from the centre circle at the start of a game or after each goal

double dodge
move one way then the other before pushing off explosively in the direction of travel

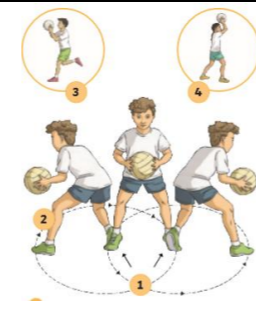
footwork
how you land when receiving the ball

one-on-one marking
players marking their opposition player to prevent them from receiving or passing the ball

What should I be able to do by the end?

- Use all three passes (chest, shoulder & bounce) correctly.
- Use a range of speeds within a game to support a team in scoring.
- Begin to use square (across the court) & straight (up & down the court) passes to achieve pace.
- Lose a defender to receive a pass.
- Defend a player and make some successful interceptions (snatch & catch) when playing as a team.

Pivot:
Use pivoting to get a good passing position. Keep one foot on the floor and turn around using the other foot.



Shooting

Technique

- Your feet should be in a comfortable forward-facing position. Hold the ball in your dominant hand above your head with your fingers pointed backwards and slightly open. The ball should sit in your hand. Place your second hand at the side of the ball to steady it.
- Your elbows should be slightly flexed and pointing towards the direction of the post.
- Focus on a point above the ring to give height to your shot.
- Get ready to release the ball by bending your knees and elbows slightly (but don't let the ball drop behind your head).
- Straighten your arms and legs as you release the ball. The initial power will come from your legs.
- Release the ball from above your head with a flick of your wrists as the ball comes off your

Chest pass:
The quickest, most accurate and most used pass.

Bounce Pass
Use for short distances or when space is restricted.

Overhead/Lob Pass
Use pivoting to get into a good passing position.

obstruction
if you are closer than 1m to the player with the ball this is obstruction

offside
to enter an area of the court you are not allowed

pivot
swivelling on the ball of one foot and stepping with the other foot to face a different direction

straight lead run
outrun a defender by quickly accelerating forwards at a 45° angle to receive a pass

throw in
if the ball leaves the court a throw in is taken by the opposite team

toss up
when simultaneous possession occurs, a toss-up is taken

Other
Pivoting, footwork rule, switch, press, retreat, obstruction, etiquette

Catching.
Catching the ball is very important. Make sure you stay aware. Hands in front ready to collect the ball.

Traveling

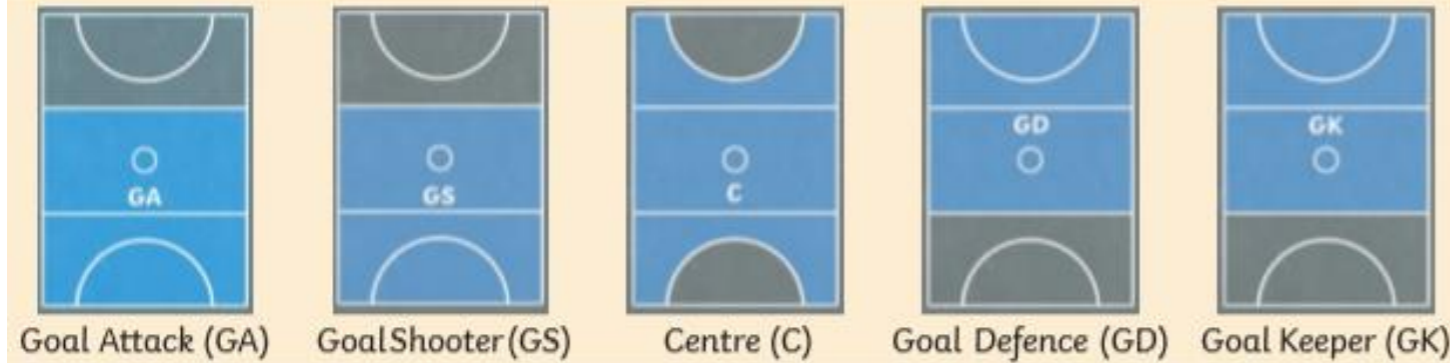
You cannot travel with the ball in netball. Remember to stop and pivot when you receive the ball.

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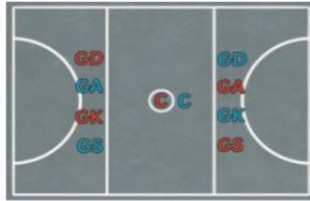
Rules of High-5 Netball and Court Positions:

The Positions



Start of Play

- Play is started by a pass from the Centre (C), who stands with both feet in the centre circle.
- The Goal Shooter (GS), Goal Attack (GA), Goal Defence (GD) and Goal Keeper (GK) may be anywhere in the goal third, at their respective ends.
- The opposing C shall be in the centre third and free to move.
- When the umpire blows the whistle, the C must pass the ball to another player to be caught in the centre third. This means that the GS, GA, GD and GK must run into the centre third to receive the ball.



Shooting

- A goal may only be scored by the GA or GS from within their shooting circle. They only have 4 seconds to shoot.

Defending

- Defending the ball in a player's hand by outstretching the arms is not permitted.
- One jump to intercept a throw or shot is permitted, provided the player is at least 1m away.
- Jumping up and down in front of a player is not permitted.

Out of Court and Throw-Ins

- A ball is out of court when it, or a player touching it, touches the ground outside the court.
- A throw-in is then awarded to the opposing team and should be taken at the point where the ball crossed the line.
- Any player allowed in that part of the court may take the throw-in and must stand outside the court to take it.

Offside

- A player is offside if they enter an area of the court in which they are not allowed. A free pass is awarded to the opposite team if this happens.

Penalty Pass

- A penalty pass or shot is awarded to a team against any player causing obstruction or contact. The offending player must stand beside the player taking the pass or shot.
- A player may shoot if the penalty is awarded inside the circle.
- The penalty pass or shot is taken from the point where the infringement occurred.

General Rules

- Everyone must follow the 1m distance rule.
- Everyone must obey the footwork rule.
- All players must pass the ball within 4 seconds.
- One-to-one marking is encouraged at all times.
- A player must not:
 - deliberately kick the ball;
 - bounce the ball more than once;
 - hand or roll the ball to another player;
 - place their hands on the ball held by their opponent;
 - throw the ball over a complete third.

Free Pass

- A free pass is awarded to a team for any infringement of the rules that involves a single player, i.e. footwork or offside, and is taken from the point where the infringement occurred.

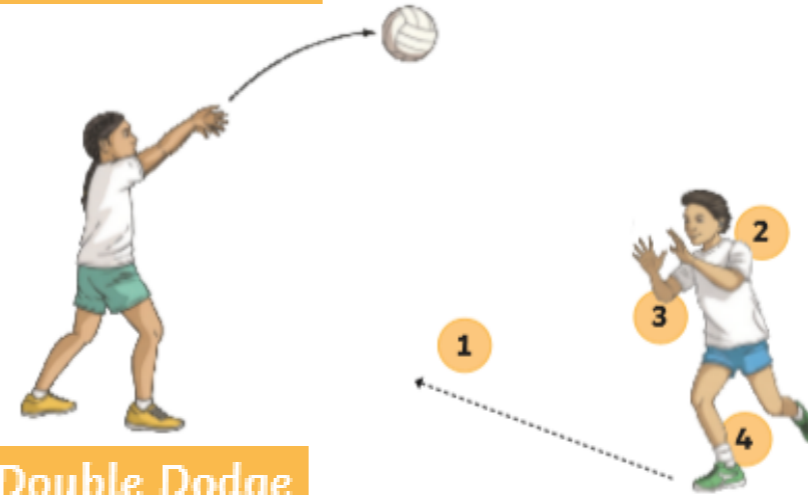
The Footwork Rule:

-Players who land on one foot when they catch the ball may use their other foot to step in any direction. The foot that was on the ground first should not move but can be rotated to allow pivot.

-Players who land on two feet when they catch the ball can choose one foot to step in any direction. Once they have moved the foot, the other foot should not move but can be rotated on to pivot. If the footwork rule is broken, the other team will be given a free pass. This includes if a player moves, hops on or drags their landing foot.

Attacking and Defending:

Straight Lead Run



Double Dodge

Technique

- 1 Keep your head up.
- 2 Have a low body position (knees and hips bent).
Move a few steps away from where you want to go and then
- 3 plant your outside foot on the ground, pushing off explosively in the opposite direction.
- 4 Turn your hips to face towards the new direction of travel. (This is the single dodge.)
- 5 Try to drop your shoulder slightly to 'dummy' the first move.
- 6 For the double dodge, move one way and then the other before pushing off explosively in the direction you want to go in.

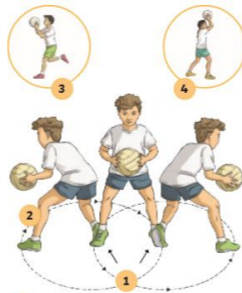
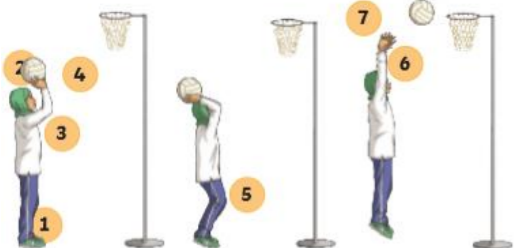
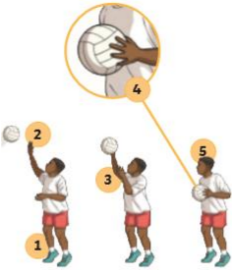
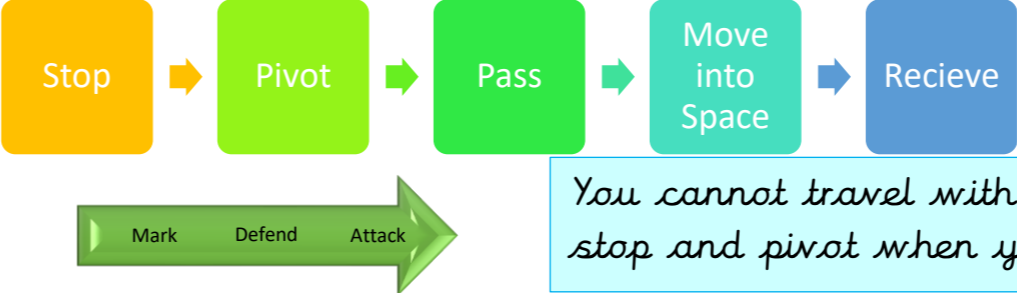
Toss-Up



When 2 players simultaneously gain ball possession, knock the ball off court, are offside with the ball or make contact with the ball or make contact a toss-up is taken.

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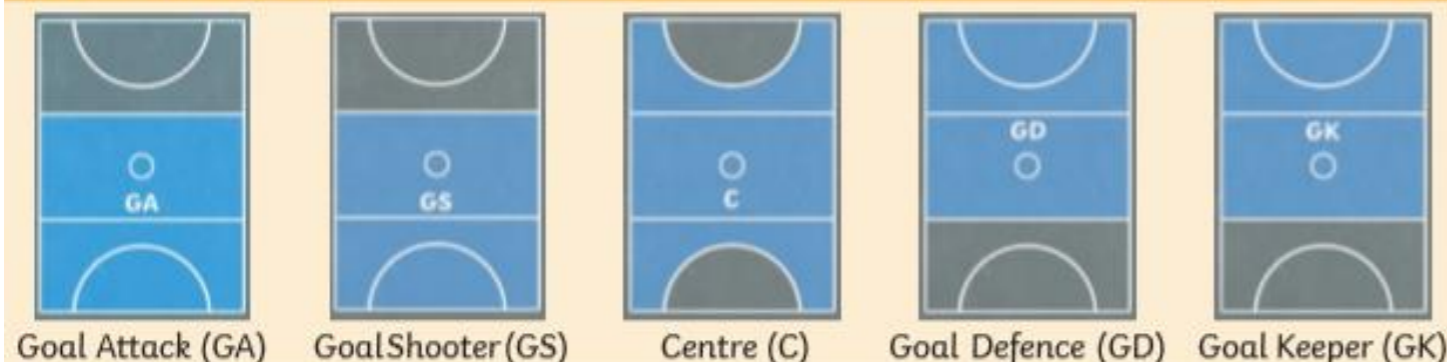
Theme: Invasion Games - Netball	Year: 6	Subject: Physical Education
What should I already know/be able to do? <ul style="list-style-type: none"> • Make a series of passes to team mates moving towards a scoring area. • Show some signs of using a chest pass and shoulder pass. • Show a target to indicate where I'd like to pass to. • Know where space is and try to move into it. • Mark another player and defend when needed. 	How will I use this learning in the future? <p>In KS3 you will play competitive games and use all your previous knowledge of attacking and defending along with tactics to help you win/play better.</p>	What vocabulary should I learn? <p>centre pass the centre takes this pass from the centre circle at the start of a game or after each goal</p> <p>double dodge move one way then the other before pushing off explosively in the direction of travel</p> <p>footwork how you land when receiving the ball</p> <p>one-on-one marking players marking their opposition player to prevent them from receiving or passing the ball</p> <p>obstruction if you are closer than 1m to the player with the ball this is obstruction</p> <p>offside to enter an area of the court you are not allowed</p> <p>pivot swivelling on the ball of one foot and stepping with the other foot to face a different direction</p> <p>straight lead run outrun a defender by quickly accelerating forwards at a 45° angle to receive a pass</p> <p>throw in if the ball leaves the court a throw in is taken by the opposite team</p> <p>toss up when simultaneous possession occurs, a toss-up is taken</p> <p>Other Dodging, sprinting, balancing, momentum, agility, determination, stability, flexibility</p>
What should I be able to do by the end? <ul style="list-style-type: none"> • Know which pass is best to use and when in a game. • Use a range of square & straight passes to change direction of the ball. • Use landing foot to change direction to lose a defender. • Draw defender away to create space for self or team. • Position body to defend effectively, making successful interceptions. 	Pivot: Use pivoting to get a good passing position. Keep one foot on the floor and turn around using the other foot. 	
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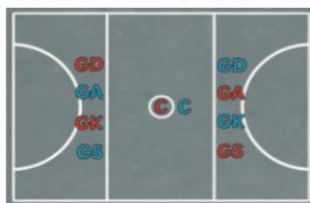
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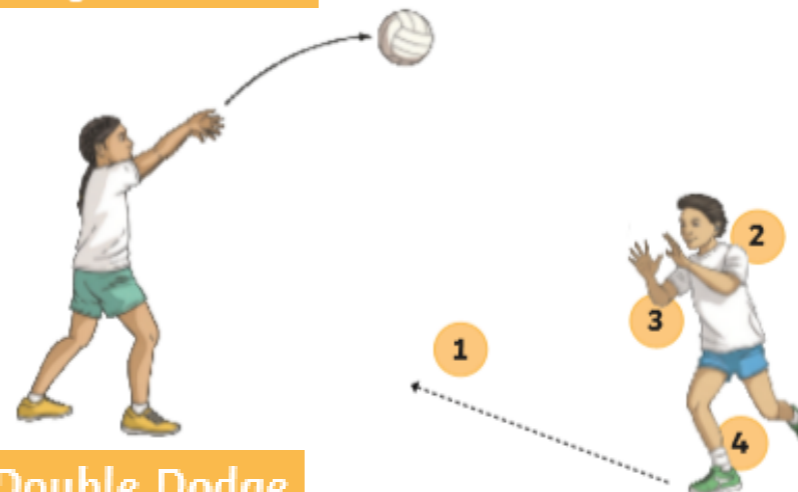
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