



Topic: PE – Netball

Year: 7

NC Strand: ‘Overcoming opponents’, ‘analysing performance’ and ‘competitive sports.’

What should I already know?

- You should have worked to link key skills in practices, semi-opposed and opposed small sided game situation.
- You should have combined attacking movement, passing and receiving skills to move the ball well in games.
- You should have learned to create space by moving away from defenders and passing quickly.
- You should have learned basic ways of getting away from your opponent.
- You should know basic defending and marking skills.

What will I know by the end of the unit?

- I will know when to defend and when to attack.
- I will have some idea of the defensive and attacking positions.
- I will be able to identify some of the strengths and weaknesses in my performance.
- I will be able to perform ‘above, below, push, let go’ or ‘W and flick’ shooting technique
- I will be able to pass the ball and move into space to retrieve it.
- I will know when to pass and prefer to play in one position.
- I will know the basic rules of netball, including some positions.
- I will understand and demonstrate the 3 feet rule when defending.

Vocabulary

Contact	Any action that results in players touching or bumping into each other.
Footwork Rule	Rule that is unique to netball. It limits the movement allowed by your feet when you receive the ball.
Goal Third	The end third of the netball court which contains the ‘D’ or shooting area.
Offside	When a player strays into an area of the court they are not supposed to.
Attacking	The principle of keeping the ball for your team and working to create a goal scoring opportunity.
Defending	The principle of attempting to win the ball from the opposition via teamwork, positioning and tackling.
Pivot	When the landing foot stays grounded and the player turns on the spot to enable them to throw the ball in a different direction.

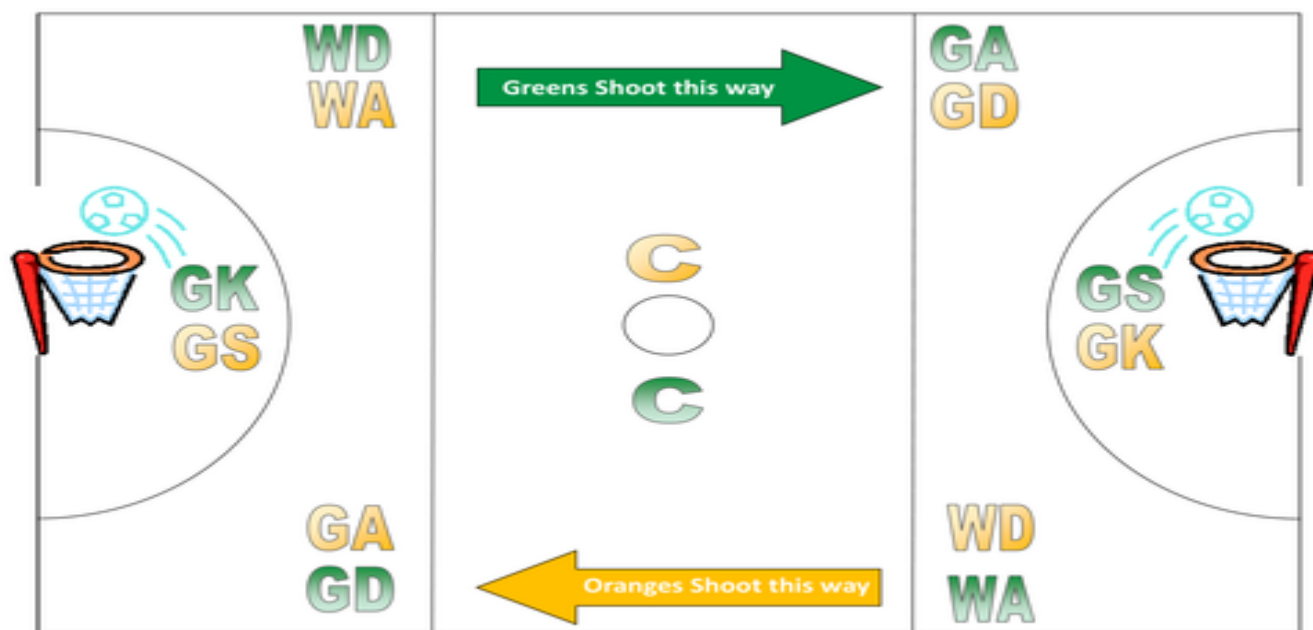


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Diagram



This shows the position on the court that each netball player must start at for every centre pass.

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Investigate/Homework tasks

The following supplementary learning activities would be extremely useful.

1. Attend netball club on Tuesdays after school starting on the 17th of September.
2. Join an organised netball team or club out of school to experience competitive sport at local level.
3. Learn additional key words and terminology via online flashcards here...
<https://quizlet.com/4690319/netball-terms-flash-cards/>
4. A great way to learn about netball positions and remaining onside is to watch this short animated clip on YouTube...

<https://www.youtube.com/watch?v=Z8Rz8P4mmYY>



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- 1 – Ball familiarisation
- 2 – Footwork, passing and receiving
- 3 – Positioning and game play rules
- 4 – Marking and dodging
- 5 - Shooting
- 6 – Game play