



**Topic: PE – Netball**

**Year: 8**

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

**What should I already know?**

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

**What will I know by the end of the unit?**

- I can receive the ball while on the move, I pass with accuracy to other teammates using more than one type of pass.
- I am consistent when shooting, I adopt an effective shooting position that maintains possession if I miss the shot.
- I can demonstrate the correct individual body positions and techniques when defending and attacking.
- I have some understanding of team tactics and can move the ball effectively to create attacking opportunities for my team.

**Vocabulary**

Obstruction	When a player encroaches on the ‘ 3 feet’ or 0.9m of personal space allowed to an attacker.
Simultaneous contact	Results in a ‘toss up’ when players collide at the same time and the umpire cannot decide who is at fault. Common in school netball matches.
Transverse Lines	The lines that run across the court and divide it into thirds.
Offside	When a player strays into an area of the court they are not supposed to.
Feed	Any successful pass made into the attacker in the shooting circle or ‘D’
Centre Pass	The name to the phase of play that starts and re-starts the game. It has its own set of rules and positions that you will need to learn.
Forced Error	When the defender controls the play through effective positioning, anticipation and pressure to cause the attacking team to lose possession of the ball.

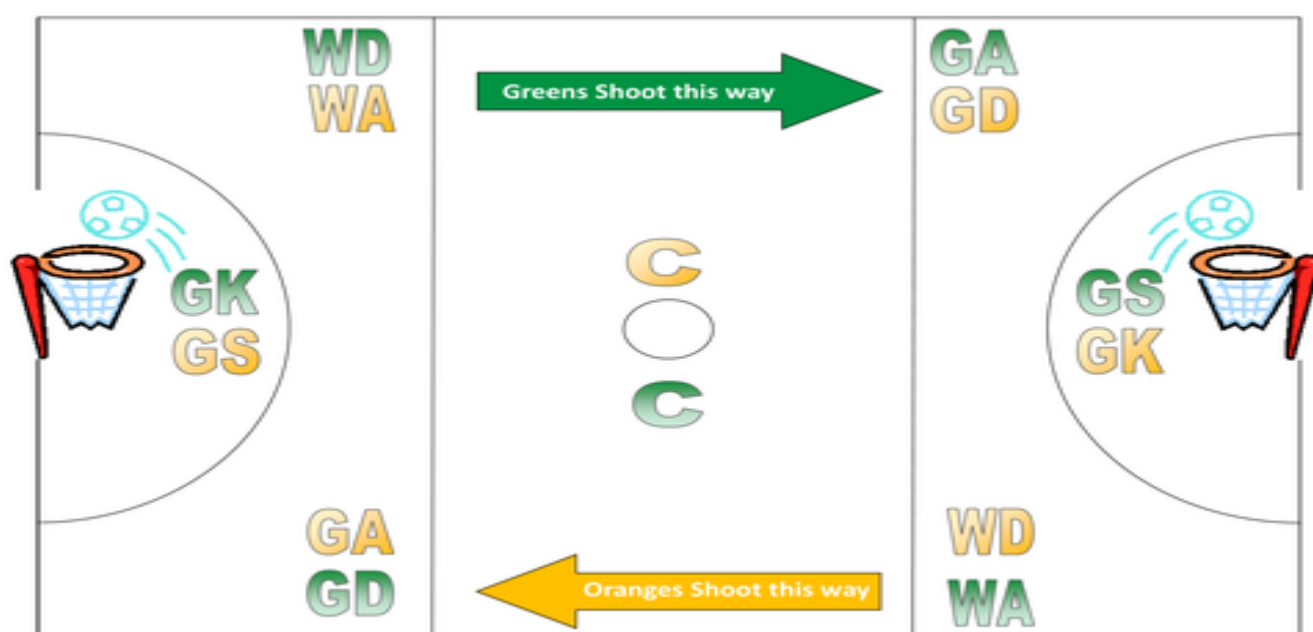


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## Diagram



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 17<sup>th</sup> of September.
2. Join an organised netball team or club out of school to experience competitive sport at local level.
3. Watch the following guides on YouTube. Below is the link to intosport.com netball position guides

[https://www.youtube.com/watch?v=LCi8\\_bGrkVE&list=PLB11A16E84436E59C&index=16&t=0s](https://www.youtube.com/watch?v=LCi8_bGrkVE&list=PLB11A16E84436E59C&index=16&t=0s)



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- 1 – Possession
- 2 – Identification of space
- 3 – Attacking Play
- 4 - Defending Play and defending to force errors
- 5 – Taking the ball to the circle edge
- 6 – Attacking centre passes