

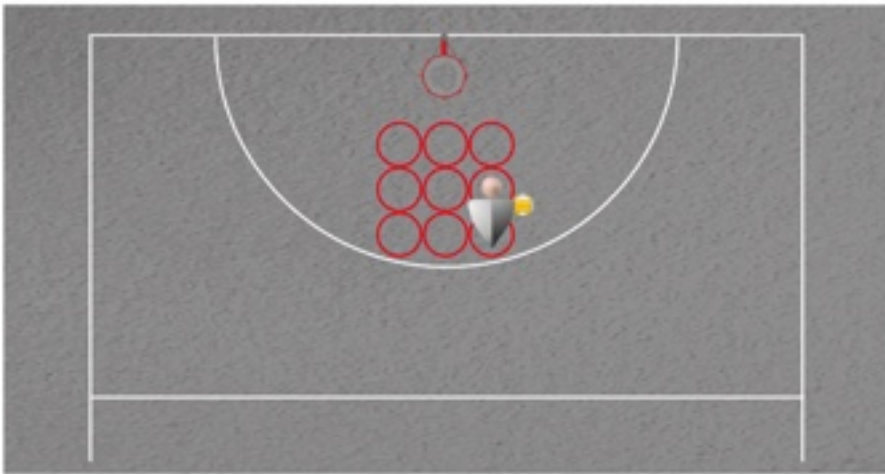


PE SKILL SCHOOL

CHALLENGE #6

NETBALL BINGO!

HOW MANY SHOTS CAN YOU SCORE FROM THE 9 TARGET AREAS?



RULES!

- 1) Place 9 hoops or markers in three rows of three.
- 2) Using one Netball, take a shot from each of the 9 markers.
- 3) Score a point for each goal that you score.
- 4) Each shot must be from a different marker.
- 5) Score as many as you can from your 9 shots.



TIPS!

- Feet shoulder width apart. Balanced body position.
- Ball on the fingertips of one hand with the other hand steadying it.
- Bend your knees. Use the power from your legs to propel the shot.
- Shoot from as high as possible.
- Finish on tiptoes with arms following through towards the hoop.

WHAT'S YOUR STANDARD?



5

6

7