




The Woodlands Community Primary School		Year 5/6	PE (outdoors) Autumn 1 2022	Netball
Key Vocabulary		Important Facts		Knowledge and Skills
<p><u>Footwork</u> - Not moving with the ball (dragging foot or hopping not allowed). When catching the ball the foot that lands first must stay in contact with the floor until ball is passed.</p> <p><u>Offside</u> - a player with or without the ball cannot move into an area of the court that their position is not allowed.</p> <p><u>Obstruction</u> - when a defender is closer than 1m to the player with the ball.</p> <p><u>Positions</u> - set places for each player - all players defend and all players attack.</p> <p><u>Centre Pass</u> - must be passed to one of your own players.</p>		<p>There are 7 positions on a netball team -</p> <p>Goal Shooter (GS) - to score goals and to work in and around the circle with the GA</p> <p>Goal Attack (GA) - To feed and work with GS and to score goals</p> <p>Wing Attack (WA) - To feed the GA and GS giving them shooting opportunities</p> <p>Centre (C) - To take the centre pass and to link defence and attack.</p> <p>Wing Defence (WD) - To look for interceptions and prevent opposition WA feeding the circle.</p> <p>Goal Defence (GD) - To win the ball and stopping the opposition GA from shooting.</p> <p>Goal Keeper (GK) - To work with the GD preventing the opposition GA/GS from scoring.</p> <p>High 7 Rotations - rotation of positions. GS-C-GD-WA- scorer-GK-GA-WD</p>		<p><u>Knowledge</u></p> <p>I know the different passes used in netball. I know the rules of netball. I know what positions are used in netball. I know how to adapt my movements to support the travelling of the ball.</p> <p><u>Skills</u></p> <p>I can use the correct foot technique. I can use a range of different passes. I can use body position to create space. I can use tactics in a game situation.</p>
Movements				How does this link with previous learning?
<div><div><p>Overhead pass</p><ul style="list-style-type: none">• Bend your arms and keep your elbows close to your body.• Lift the ball over your head.• Step forward and release the ball.• The flight of the ball should be high.</div><div><p>Pivoting</p><p>Pivot (turning) with the ball once you have caught it.</p><ul style="list-style-type: none">• Keep one foot fixed to the ground.• Push and turn with the other foot.• Release the ball off in a different direction.</div><div><p>Shooting</p><ol style="list-style-type: none">1. Feet shoulder-width apart facing the target2. Ball held high directly ABOVE head.3. Knees are slightly bent to push off with.4. Eyes looking at a point above the ring.5. Push the ball upwards using wrist and fingers.</div></div>				<div><div>Practise and refine movements</div><div>Link a series of movements together</div><div>Perform safe throwing and catching</div><div>Evaluate own and others' performances</div></div>