

Class Tamar

PE

Netball

What a netball court looks like:



For our first lesson how to perform the chest and bounce pass accurately. We made sure that we made a W shape with our hands to show we were ready to receive the ball.



In order to keep hold of the ball we had to make our hands really big!

We learnt how to perform a shoulder pass properly, making sure that we were passing to our partner accurately.



Its so much harder to intercept when the ball is going high over you!



We learnt about shadowing an opponent effectively by playing a mini version of netball.



It was tricky to keep an eye on the ball and where the opponent is in order to shadow them.

We learnt how to score a goal in netball.



Using my other hand to point at the hoop helped me aim better.

The more I practised the more my ball went through the hoop!



We finished our Netball unit by playing some matches showing off all the skills we learnt. We suggested improvements on our performances.

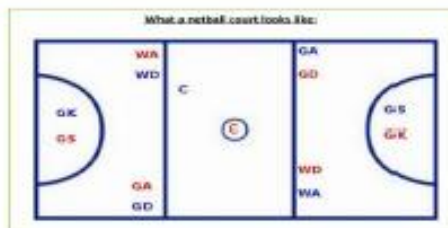
Next time I'm going to make sure that I remember to keep shadowing my opponent.

Team England were really good at remembering their positions and communicating with each other.

What I have learnt before:

I know the importance of rules and fairness and can follow rules in games.

I know some concepts of game e.g. opponent, team mate.

**Forever Facts**

Players must not make any physical contact with another player on the court.

Defenders must stand at least three feet away from the player with the ball.

During the game, a player with the ball can only take one step before passing it.

A player must pass or shoot for goal within three seconds of receiving the ball.

A player must stay within their designated area depending on their position.

Skills

I can become increasingly accurate in throwing for distance.

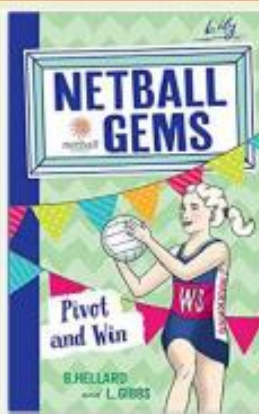
I can decide the best way to move a ball for different purposes and needs.

I can decide on the best position in team games.

I can begin to make use of space.

I can understand how performances can be improved, through practice and reflection.

Culture capital: Team work – Work with players in team, communicating effectively and becoming a positive team player.

Exciting Books**Our Endpoint**

To demonstrate an understanding of the key skills learned in netball.

Subject Specific Vocabulary

passing

Various passes can be used within the game: chest, shoulder, overhead and bounce.

catching

A skill used to receive the ball, enabling the team to keep possession of the ball.

dodging

A change of speed and direction in order to get free into space to receive the ball.

shooting

A simple used by the Goal Shooter and Goal Attack within the game to score a goal.

defending

A technique used to mark your opponent to stop them finding a space to receive the ball or for a player to intercept a pass.

chest pass

A pass in which the ball is quickly propelled from the chest by the hands and arms.

bounce pass

A pass where the ball is thrown forward and down into the floor, to bounce it to your teammate

overhead pass

A two-handed pass that is taken from above the head.

shoulder pass

A netball shoulder pass is a one-handed netball pass for longer distances.