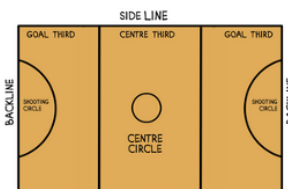


P.E.

Year 6 – Netball

The court:



About this Unit

Netball is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

Knowledge & Skills

Knowledge:

Making quick decisions about when, how and who to pass to will help you to maintain possession.

Transitioning quickly between attack and defence will help your team to maintain or gain possession.

Skills:

I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.

I can pass, receive and shoot the ball with increasing control under pressure.

I can select the appropriate action for the situation and make this decision quickly.

I can use marking, and/or interception to improve my defence.

Golden Threads

Motor competence – Manipulate objects

- Change direction
- catch
- Throw
- Shoot
- Change speed

Healthy participation

How will this unit help your body?

Agility, balance, co-ordination, speed, stamina

Rules, strategies and & tactics

Footwork: first foot to touch the ground when receiving a ball is the landing foot. The landing foot must remain on the ground, the other foot may be moved in any direction, pivoting on the landing foot. **Held ball:** a player has 4 seconds to pass or shoot.

Replaying: a player cannot regain possession of the ball, having dropped or thrown it, before it has been touched by another player or the post.

Offside: a player is offside if they enter an area of the court they are not allowed in.

Over a third: the ball must be touched in each third of the court. If the ball is not touched in each area, it is called 'over a third'.

Obstruction: defenders are allowed one jump to mark the ball and must be 1m from the ball carrier.

YEAR 3

I am beginning to use simple tactics

I can pass, receive and shoot the ball with some control.

I can communicate with my team and move into space to support them.

I can defend an opponent and try to win the ball.

YEAR 4

I can use simple tactics to help my team score or gain possession.

I can pass, receive and shoot the ball with increasing control

I can move to space to help my team to keep possession and score goals.

I can defend one on one and know when to win the ball.

YEAR 5

I know what position I am playing in and how to contribute when attacking and defending.

I can pass, receive and shoot the ball with some control under pressure.

I understand the need for tactics and can identify when to use them in different situations.

I can stay with an opponent and I am confident to attempt to intercept.

YEAR 6

I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.

I can pass, receive and shoot the ball with increasing control under pressure.

I can select the appropriate action for the situation and make this decision quickly.

I can use marking, and/or interception to improve my defence.

Key vocabulary

Assess: make a judgement of the situation.

Ball side: the space between the ball carrier and the person you are marking.

Draw: encourage movement of an opponent

Drive: a fast movement that helps to tell the ball carrier that you want the ball

Rebound: when a player attempts to shoot a goal but the ball hits the ring and bounces back into play.