

All Saints (C.E.) School Knowledge Organiser

PE Focus

Netball

Year 3/4

Autumn Term 2

Key Knowledge

I can name and explain the netball passes.

I can apply the footwork rules when passing the ball and when moving.

I can use interception to challenge the opposing team.

I can communicate with a team.

I can develop shooting skills.

I can recall where positions are allowed to go in a game of netball.

Key Vocabulary

Passing— The ball is propelled away from the body with a quick extension of the hands and arms.

Pivot— A movement involving swivelling on the ball of one foot and stepping with the other foot to face a different direction.

Obstruction—When an opposing player blocks any movements that interfere with a pass or shoot .

Shooting —how your team score goals in netball, by feeding the circle, getting the ball to your attackers for them to shoot and score.

Footwork— the manner in which one moves one's feet in various sports.

Interception of the ball is when a player regains possession of the ball during a pass by the opposition. It requires speed and a good defensive awareness of the game and is the most effective way to stop your opposition's



Equipment

- Bibs
- Netballs
- Posts/Cones

Rules

- Each squad has eight players.
- Matches will be 10 minutes long (in two halves).
- A coin toss, with a member from each team, determines who takes the first centre pass.
- Subsequent centre passes are taken alternately.

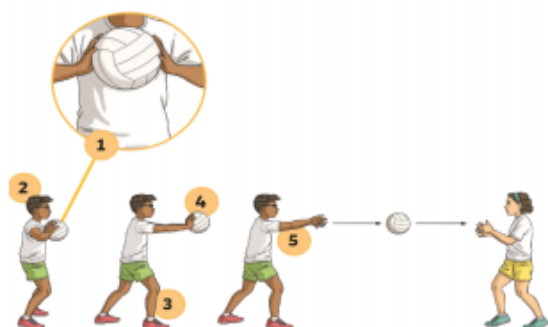
Start of play: Play is started by a pass from the Centre (C), who stands with both feet in the centre circle. The Goal Shooter (GS), Goal Attack (GA), Goal Defence (GD) and Goal Keeper (GK) may be anywhere in the goal third, at their respective ends. The opposing C shall be in the centre third and free to move. When the umpire blows the whistle, the C must pass the ball to another player to be caught in the centre third. This means that the GS, GA, GD and GK must run into the centre third to receive the ball

General rules: Everyone must follow the 1m distance rule. Everyone must obey the footwork rule. All players must pass the ball within 4 seconds. One-to-one marking is encouraged at all times. A player must not: – deliberately kick the ball; – bounce the ball more than once; – hand or roll the ball to another player; – place their hands on the ball held by their opponent; – throw the ball over a complete third.

Shooting A goal may only be scored by the GA or GS from within their shooting circle. They only have 4 seconds to shoot.

Visuals

Skill > The Chest Pass > A pass from your chest



Skill > Pivoting >

