

Invasion Games: Netball

Year 6 : Autumn 2

Coverage:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Knowledge and Key vocabulary:

- Netball passes: chest pass, bounce pass, shoulder pass
- Creating space in a game: change of direction, change of speed, dodging.
- Attackers and defenders
- Pivot - following the footwork rule
- Warm up - preparing the body for exercise, raising the heart rate and warming up muscles
- Officiate (umpire) - control the match



NETBALL - Shoulder Pass

Technique

- The ball should rest on the fingertips of the throwing hand - protected until the very last moment by the non-throwing hand.
- the foot on the opposite side to your throwing arm is best placed in front of your body.
- Fully straighten the throwing arm following through with your entire arm, and transferring all weight onto your front foot.
- Try to aim as near to vertical as possible: the ball should take the shortest route between you and the receiver, and that is always a straight line.



Thrive Link

- I can develop my own warm up and cool down activities
- I can demonstrate a good attitude whilst being competitive during a game

Physical Skills

- I can explain the long term effects of exercise
- I can combine passing and moving within a game
- I can apply athletic techniques to competitive situations
- I can explain how to improve my performance
- I understand how exercise can improve my health in the long term
- I can apply my skills tactically in competitive situations

Netball Rules

- Non-contact sport
- 5 players: GK, GD, C, GA, GS
- Players must not move with the ball
- Players must pass the ball within 4 seconds
- Players must not mark with their hands over the ball (encourage to man-mark)
- Players must only go in the areas they are allowed to (see below)
- The ball must be touched in every third



