



Y3/4



## Area of PE: Netball

### New Vocabulary

<b>Goal Line</b>	Back line behind the goal post
<b>Centre Pass</b>	When a goal is scored, at the start of a game or quarter the ball is returned to the centre circle to restart the game.
<b>Possession</b>	To have control of the ball.
<b>Dodging</b>	To a quick movement to get free from a defender and gain space to receive a pass by using a change of direction and a quick sprint in the opposite direction.

### Prior Knowledge – Sociology

**Bicep** has two muscles. **Triceps** has three muscles. Shoulder – **Deltoid**, Chest – **Pectoral**  
**Prior Knowledge** – Two main arm muscles are bicep and triceps.

### Prior Knowledge – Sociology

When playing a game against another person in a competitive game, you need to follow the set rules of the game and can't deviate from them.

**By the end of Y3/4, the children will know the following knowledge about netball.**

### Prior Knowledge about throwing and catching EY

We can throw a ball with different amounts of power.  
 We can hit a target by aiming at it.  
 We can throw a ball with one or two hands.  
 We can pass to our friend or a target by aiming at it.

### Y1/2

Sending is throwing, rolling and kicking a ball.  
 Receiving is catching, tracking and stopping a ball.  
 You can throw a ball with different strength to reach different places (target)

### New Knowledge – Practical

#### Chest Pass:

A two-handed pass, best used for short to medium distances.

#### Bounce Pass:

A two-handed pass that bounces the ball to the receiver.

#### Shoulder Pass:

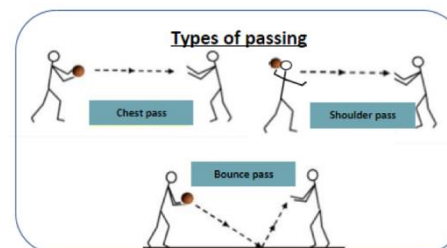
A one-handed pass.  
 Used for longer distances.  
 Requires a strong and steady arm.

#### Overhead Pass:

A two-handed pass thrown over the head.

#### Pivot:

Keep one foot fixed to the ground.  
 Push and turn with the other foot.  
 Release the ball off in a different direction.



### New Knowledge – Game Rules

#### Positions

**Goal Shooter** - To score goals.

**Goal Attack** - To feed and work with GS and to score goals

**Wing Attack** - To feed the GA and GS giving them shooting opportunities.

**Centre** - To take the centre pass and to link the defence and the attack.

**Wing Defence** - To look for interceptions and stop the WA.

**Goal Defence** - To win the ball and stop the GA

**Goalkeeper** - To work with the GD and to prevent the GA/GS from scoring goals

#### We can follow basic netball rules

**Contact** – touching another player.

**Penalty pass:** Stand next to the opposition until they have passed ball.

**Obstruction** – less than 3 feet from the opposition player in possession.

**Held Ball** – holding ball for longer than 3 seconds.

**Free pass** - ball is given to the opposition.

**Footwork** – no stepping in possession of ball.  
 Free pass (as above).

■ = Red team ■ = Green team

