

**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).

Y3/4

**Area of PE**: Netball

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| **New Vocabulary** | |
| **Goal Line** | Back line behind the goal post |
| **Centre Pass** | 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. |
| **Possession** | To have control of the ball. |
| **Dodging** | 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. |

A diagram of a different way of passing

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**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)

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