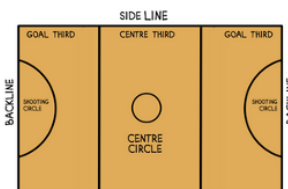


P.E.

Year 4 – 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:

As an attacker shoot when close to goal or if there is a clear path. Pass when a teammate is free and in good space. As a defender mark a player to stop them from being an option. Try to intercept the ball as it is passed.

Skills:

To pass, receive and shoot the ball with some control.

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

To defend one on one and know when to win the ball.

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.

Contact: if a player contacts another player.

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

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals.

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

Contact: a rule that states you cannot push or bang another player

Footwork: a rule which states you cannot move your landing foot

Pivot: allows you to turn your body to face a new direction

Intercept: to gain possession of the ball

Obstruct: a rule which states that you are not allowed to put your arms up unless you are 1m away

delay: to slow an object or player