



Westacre Middle School PE Knowledge Web: Netball

Skill Acquisition



Fundamental Movement Skills

Netball Skills:

Chest pass

Thumbs and index fingers form a W shape, elbows low and relaxed, remaining fingers spread behind the ball to push away from the chest.

1. Ball close to chest.
2. Fingers facing forward after push. Transfer weight onto left foot.



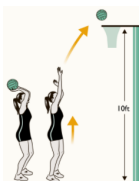
Pivot (turning) with the ball once you have caught it.

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



Shooting

1. Feet shoulder-width apart facing the target.
2. Ball held high directly ABOVE head.
3. Knees are slightly bent to push off with.
4. Eyes looking at a point above the ring.
5. Push the ball upwards using wrist and fingers.



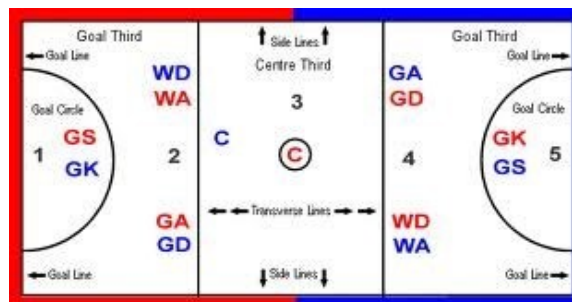
Teamwork and Leadership



Cooperation

Netball is a ball sport played by two teams of seven players. Each team attempts to score goals by passing a ball down the court and shooting it through its goal ring. Players are assigned specific positions, which define their roles within the team and restrict their movement to certain areas of the court.

Netball Positions:



GK = Goal Keeper

C = Centre

GS = Goal Shooter

GD = Goal Defence

GA = Goal Attack

WD = Wing Defence

WA = Wing Attack

Performance Analysis



Technical Vocabulary

Rules of Netball

Footwork – Do not reground your landing foot.

Obstruction – You must be 0.9m away from your opponent when defending the ball.

Contact – No contact which impedes play.

3 Seconds – Pass/Shoot the ball within 3 seconds.

Breaking/Offside – Being in an area of the court that you are not allowed to be in.

Over a Third – The ball must be touched in every third of the court.

Throw in – Feet must be behind the line.

Attack In netball, this involves players keeping possession and passing the ball across the centre and goal zones to the shooting circle.

Defence The aim of defending off the player is to gain possession of the ball from the attacking team through an interception. While defending off a player, you are aware of your opponent's movements, but the ball is the focus of your attention.



Self-reflection

How successful is your team?

How can you improve your performance?

Healthy Active Lifestyle



Inspirational people

<https://www.englandnetball.co.uk/>

The England national women's netball team, also known as the *Vitality Roses*, represent England in international netball competition. The team is ranked third in the World and have won a gold medal at the Commonwealth Games.



Exercise

Components of Fitness:

Agility – Being able to change direction quickly to get away from your opponent.

Balance – Being able to stay balanced when passing and shooting.

Speed – Being able to outwit your opponent.

Co-ordination – Passing and shooting need hand-eye co-ordination.

Reaction Time – Reacting to the whistle/opponents play.

Aerobic Endurance – Being able to play for an hour.

Muscular Endurance – Being able to continually pass the ball for over an hour.

Year 5

Learn how to throw and catch through your multi-skills unit using a range of balls.

Year 6

Learn the basic skills needed to play netball. Learn and try out the different positions on the netball court and know where you are allowed to go.

Year 7

Be aware of how you play as an individual as a team. Learn strategies to outwit your opponents and keep possession of the ball.