

# Year 3 Term 2 P.E: Netball skills



**Curriculum Key Question:** How can I look after myself and others?  
**Topic:** What is light?

## What should I already know?

- I can describe how my body feels during exercise.
- I can dodge and find space away from the other team.
- I can move with a ball towards goal.
- I can sometimes dribble a ball with my hands and feet.
- I can stay with another player to try and win the ball.
- I know how to score points and can remember the score.
- I know who is on my team and I can attempt to send the ball to them.

## Key Skills: Physical

- Passing
- Catching
- Footwork
- Intercepting
- Shooting
- Dodging

## Key Skills: S.E.T

- Social: Working safely
- Social: Communication
- Social: Collaboration
- Emotional: Honesty and fair play
- Emotional: Perseverance
- Thinking: Planning strategies and using tactics
- Thinking: Observing and providing feedback

## Key Vocabulary

- Marking-** keeping close to an opponent
- Pivot-** turning in a circle with one foot on the floor
- Landing foot-** foot landed on when jumping
- Attack-** moving forward to try to score
- Defence/defend-** trying to stop the opponent from scoring
- Receive-** catching the ball
- Pass-** throwing the ball to a team mate
- Intercept-** catching the ball from an opponent's throw
- Shoot-** aiming to score a goal in the net

## Skills I will develop:

- Use simple tactics
- Learn the rules of Netball and use them honestly
- Communicate within a team and move into space
- Defend and opponent and try to win the ball
- Pass, receive and shoot with some control
- Use key words
- Understand attack and defence
- Work co-operatively to self-manage games.



## Key Rules



- **Footwork:** The first foot to touch the ground when a player receives the ball is known as the landing foot. If both feet are already on the ground, a player can choose their landing foot. The landing foot must remain on the ground, the other foot may be moved in any direction, pivoting on the landing foot.
- **Held ball:** In 5-a-side a player has 4 seconds to pass or shoot, otherwise a free pass is awarded to the opposing team.
- **Contact:** A player is not allowed to contact an opponent.
- **Obstruction:** A defender must be 1m away from the ball carrier before they put their arms up, otherwise a penalty pass is awarded to the opposing team.