



KEY KNOWLEDGE

During this half-term, you will develop skills and techniques in Netball. You will be developing core and advanced skills, building towards your assessment in the 'range of skills' (AF1), and 'quality of skills' (AF2). You will also be assessed throughout the year in 'physical and psychological attributes' (AF3), 'skill application' (AF4), and 'leadership skills' (AF5). The skills you'll develop will transfer to GCSE PE and Sport Studies courses offered at KS4.

**Y7
Autumn 1
Netball**

Control, Accuracy and Fluency

You will be assessed on how well (quality) you can perform the key skills, considering **control**, **accuracy** and **fluency**.

Try to describe what **control**, **accuracy** and **fluency** look like for each skill.

5 minute Challenge

1. What are the two types of landing?
2. Practice your chest passing, with a partner or against the wall.
3. State the four types of passes.
4. Practice your footwork and pivoting.
5. How many accurate bounce passes can you do in 30 seconds?



KEY VOCAB

Key skills		Advanced skills	
Footwork: Stopping/landing		Ball handling: Catching on the run	
Footwork: Pivoting		Ball handling: Catching in the air	
Dodging		Passing over mid-long distance: Chest	
Ball handling: Catching whilst stationary		Passing over mid-long distance: Overhead	
Passing over short distances: chest, overhead, bounce & shoulder pass		Passing over mid-long distance: Bounce	
Shooting: Stationary		Passing over mid-long distance: Shoulder pass	
Rebounds		Shooting: Stepping	
Marking: Player with the ball		Defence: Shadowing	
		Defence: Interception	
		Defence: Marking player without the ball	

Physical Education

SPEAK
READ
ARTICULATE
THINK
QUESTION
WRITE
SPELL



LINKS FOR FURTHER RESEARCH

Footwork and movement:

https://www.youtube.com/watch?v=rtnDm52t_eM

Chest pass:

<https://www.youtube.com/watch?v=OwrMYoEjdW8>

Over head pass:

<https://www.youtube.com/watch?v=JgtThLoSWnw>

BROADEN YOUR KNOWLEDGE

