



## 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.

**Y8  
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. How many chest passes can you perform in 30 seconds?
2. What are the key teaching points for a shoulder pass?
3. Name all 7 Netball positions.
4. Practice your shooting technique.
5. Can you catch whilst on the run?



## KEY VOCAB

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

## Physical Education

SPEAK  
READ  
ARTICULATE  
**THINK**  
QUESTION  
WRITE  
SPELL



## LINKS FOR FURTHER RESEARCH

Ball handling practice:

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

Shooting:

<https://www.youtube.com/watch?v=HuQ4V71tAec>

Marking a player without the ball:

<https://www.youtube.com/watch?v=B9002VJDulw>

## BROADEN YOUR KNOWLEDGE

