



LEARNING JOURNEY

Netball

F - A - C - T

This half term you will start off by looking at the key skills in netball This will draw upon similar skills within other sports, but also look at skills specific to netball such as footwork.

You will later move on to looking at the different roles and responsibilities of the players in netball, again you will be able to draw upon your knowledge of other sports. You will then look key skills specific to certain positions, such as shooting.

The latter end of the topic looks into more depth at the rules and regulations, and the opportunity for you to develop awareness through competitive play to become a more fluid and impactful player.

VOCABULARY

Coordination, Trajectory, Elevation
Accelerate, Peripheral, Precision
Optimal, Resilience, Complex
Proximity, Awareness

WE ARE HERE

Netball

Catching
Coordination

Passing
Trajectory

Footwork
Elevation

1st stage
defence
Accelerate

Interceptions
Peripheral

Shooting
Precision

What is the why behind your
lesson today?

Skill selection
Optimal

Positions
Resilience

Rules and
regulations
Complex

Penalty pass
and free pass
Proximity

Competitive
play
Awareness