

Year 3 Netball

National Curriculum objectives

Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Key Learning

- Pass and catch a netball including via bounce and overhead
- Demonstrate correct footwork
- Effectively dodge and mark
- Shoot a netball
- Demonstrate some understanding of rules

Equipment

- Netballs – one per pair.
- Hoops to practise bounce/overhead passes.
- Whistle.
- Cones
- Netball posts

Key Questions

What is the footwork rule?

When might you use the different types of passes

Can you describe how to make a chest pass and catch one?

How do we shoot?

Key Vocabulary

'W' shape: Spreading your hands out to form a W shape when holding the ball.
Bounce: When you throw the ball with a deliberate bounce on the ground.
Catch: Grasping the ball which is moving through the air into your hands.
Centre: A position which can play anywhere except the goal circles.
Chest pass: A pass which starts with the ball at your chest.
Dodge: To move away from an opposing player.
Feeder: The player who puts the ball into play or passes to a player making a shot.
Footwork: Rules about how you can move your feet when you have the ball.
Goal Attack: A position which is allowed in the entire centre and attacking thirds.
Goal Defence: A position which is allowed in the entire centre and defensive thirds.
Goal Keeper: A position which is allowed in the defending third only.
Goal Shooter: A position which is allowing in the attacking third only.
Grounded: When a player's foot is touching the ground.
Intercept: To catch the ball when it is being passed between two opposing players.
Landing foot: The foot which touches the floor first when you have jumped.
Mark: To stay close to an opposing player, making it difficult for them to pass or receive a pass.
Non-shooting hand: The hand which does not hold the ball when you shoot.
One-step: A rule stating that a player may take no more than one step before passing the ball.
Overhead: Movement which happens above head height.
Pass: To deliberately throw the ball to another player on your team.
Pivot: To twist or spin around whilst keeping one foot stationary
Positions: Places in the team for each player.
Power: How much energy you put into a movement.
Receive: To catch the ball successfully when someone has passed it to you.
Shoot: To attempt to throw the ball and score.
Step in: Taking a step as you make a pass to put more movement into the ball.
Technique: A way of doing something.
Throw: To send the ball through the air from your hand.
Wing Attack: A position which is allowed in the centre and most of the attacking thirds of the court.
Wing Defence: A position which is allowed in the centre and most of the defending thirds of the court.
Zones: Different areas of a netball court – often shown by markings on the ground.

Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- Wear suitable footwear
- Use correct techniques
- Complete a warm-up and cool-down