



NETBALL

KNOWLEDGE ORGANISER

Lower KS2



Overview

-Netball is a type of invasion game in which two teams play against each other.






Like basketball, the aim of netball is to try and shoot the ball through the opposition team's hoop, using the hands to manouevre the ball.

-However, unlike basketball, netball players cannot bounce or move with the ball (they can only step when they don't have the ball).




-In netball, players can only go into certain sections of the court, depending upon their position. There are seven fixed positions on court.



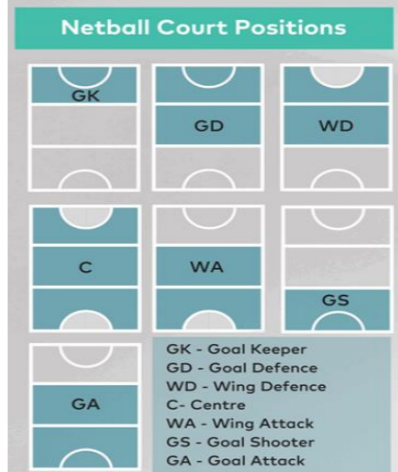
Physical

Skill	Definition	How do I do this?
Ball Handling 	To comfortably gain and keep control of the ball.	-Always be prepared. Call when you want to receive the ball. Use two hands to catch the ball. Keep eyes on the ball as it comes towards you. Use soft, ball-shaped hands. When jumping to catch, bend knees to land securely. Clear landing (one foot, then other). Pull ball into chest.
Passing 	To give possession of the ball to a teammate, without an opposition player intercepting.	-Remember to only pass to someone in space. -Chest Pass: Throw from chest height. Step forward with one foot as you throw. Point fingertips at your target. -Bounce pass: As above, but push ball to floor, just over half way to partner. Point fingertips at your target.
Moving 	To get into an open position to receive the ball.	-Move into space away from others. Get low and push off your outside foot in order to dodge the opposition. Call 'here' when you would like to receive the ball. Remember to stay within the court positions you are allowed in.
Defending 	To prevent the opposition from getting the ball to the hoop.	-Ensure you can see both the ball carrier and attacker. Feet shoulder width apart, look for clues of dodging (e.g. shoulder movement). Quick, small steps. Drive onto ball and take with two hands when intercepting.
Shooting 	To attempt to throw the ball through the opposition hoop.	-Begin with your feet shoulder-width apart. Hold the ball in both hands, high above your head. Bend your knees and elbows and then extend, pushing the ball high. Try to concentrate and take your time.

Social and Emotional

<u>Cooperation</u> Cooperating is about working together and helping others. Strong teams need each individual to cooperate with teammates. Remember to pass to teammates and not keep the ball for too long.	<u>Communication</u> We need to communicate to give and receive information from our teammates. We can do this through speaking, listening and body language. This can help us to become a more effective and cohesive team.	Key Vocabulary Netball Position Invasion Hoop Court Teammate Opposition Ball Control Passing Defending Shooting Moving Offside
<u>Supporting and Encouraging</u> Encouraging and supporting others can help them to feel good and perform well. Try to help everyone stay positive. 	<u>Respect and Kindness</u> Respect is the act of giving attention and showing care to others. It is important to be respectful to teammates, opponents, referees and coaches. It is important to be inclusive of others, respecting people of all abilities and experience levels.	
<u>Honesty and Fair Play</u> Fair play is about learning the rules of the game and putting them into practice honestly. Winning only feels as good as it should when you know that you have won fairly. 	<u>Managing Emotions</u> Whilst it is important try your hardest, you should remember that games and sports should be fun. Be considerate to others in victory and be respectful and gracious in defeat. 	

Thinking/ Strategic

<u>Positions on Court</u> C = Centre WA = Wing Attack WD = Wing Defence GD = Goal Defence GK = Goal Keeper GS = Goal Shooter GA = Goal Attack Players can only go into certain positions (see right). A player who moves out of position is called <u>offside</u> .		<u>Basic Netball Rules</u> Contact – touching another player. <i>Penalty pass: Stand next to the opposition until they have passed ball.</i> Obstruction – less than 3 feet from the opposition player in possession. <i>Penalty pass (as above)</i> Held Ball – holding ball for longer than 3 seconds. <i>Free pass (ball is given to the opposition. Offender not out of play).</i> Footwork – no stepping in possession of ball. <i>Free pass (as above)</i>
---	---	--

Health and Safety

Always try to follow the rules of the game.	Be aware of the people and space around you.	Store equipment safely when it is not in use.	Be careful when raising arms/ elbows around others.	Hard objects, like hoop stands, and walls, should be padded where possible, to avoid injury.	Make sure that you warm up properly.	Stretch your muscles before exercising.	Warm down after exercising.	Remove jewellery and wear suitable clothing/ equipment.
---	--	---	---	--	--------------------------------------	---	-----------------------------	---