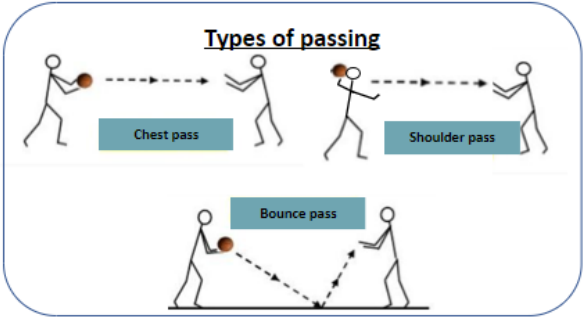
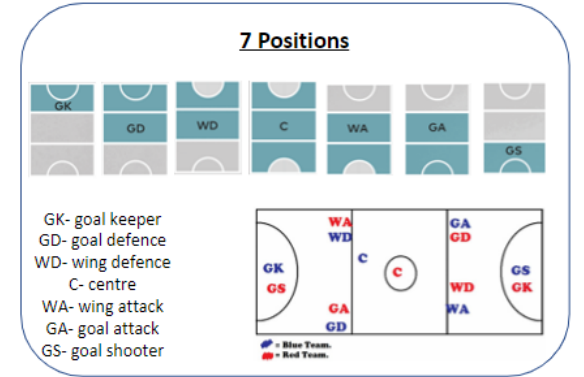
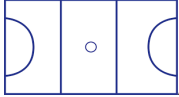



<b>Topics in this cycle:</b> KS 3 Netball	<b>Taught:</b> Autumn 1	<b>Year Group:</b> 7-9
Key knowledge/concepts to be learnt ('Tell me about....')		Websites/blogs/YouTube links and further reading to deepen and consolidate learning
<ul style="list-style-type: none"> <li>What are the main types of passing in Netball?</li> </ul>  <ul style="list-style-type: none"> <li>What are the 7 positions in a Netball Team?</li> </ul> 	<p>What are the rules and regulations in</p> <ul style="list-style-type: none"> <li>2 teams of 7 players</li> <li><b>Scoring:</b> 1 goal each time the ball passes through the net</li> <li><b>Centre pass:</b> After each goal is score, play restarts with a centre pass.</li> <li><b>Contact:</b> you must not interfere with play by touching or pushing an opponent.</li> <li><b>Footwork:</b> You must not move your landing foot or take 3 steps whilst in possession of t <a href="https://youtu.be/V1qINnl-Dis?si=rmFIIsDDUnmLIAaD">https://youtu.be/V1qINnl-Dis?si=rmFIIsDDUnmLIAaD</a> he ball</li> <li><b>Held ball:</b> You can only hold the ball for 3 seconds.</li> <li><b>Obstruction:</b> You must be 1 metre away from your opponent before your arms go up and over the ball.</li> <li><b>Offside:</b> If you go in an area you're not allowed in, the umpire will call you offside</li> <li><b>Replaying the ball:</b> You must not pick the ball up or bounce the ball if you have dropped it.</li> </ul>	<p><b>Passing</b> Chest Passing <a href="https://youtu.be/X6V4UPlwAL4?si=W3vo49Gmx7ZhgoJb">https://youtu.be/X6V4UPlwAL4?si=W3vo49Gmx7ZhgoJb</a> Shoulder Passing <a href="https://youtu.be/DZWVWHBCRuPA?si=qUCXOx2bt04feU6G">https://youtu.be/DZWVWHBCRuPA?si=qUCXOx2bt04feU6G</a> Bounce Pass <a href="https://youtu.be/V3aVfpLvO9Y?si=o_grihXu2r0c62cl">https://youtu.be/V3aVfpLvO9Y?si=o_grihXu2r0c62cl</a></p> <p><b>Footwork</b> <a href="https://youtu.be/F_xgNTwzJl8?si=U10AtuFkBeXK9g7b">https://youtu.be/F_xgNTwzJl8?si=U10AtuFkBeXK9g7b</a></p> <p><b>Pivoting</b> <a href="https://youtu.be/NNa3wajWx_w?si=k8Pqf1bm02xrTlvB">https://youtu.be/NNa3wajWx_w?si=k8Pqf1bm02xrTlvB</a></p> <p><b>Shooting</b> <a href="https://youtu.be/EWK5Zn2whfQ?si=DF0ve1iwHMnXLLd">https://youtu.be/EWK5Zn2whfQ?si=DF0ve1iwHMnXLLd</a></p> <p><b>Attacking Skills</b> <a href="https://youtu.be/s1LJDtgNrCY?si=uHVb0S1Cr-lQu2lA">https://youtu.be/s1LJDtgNrCY?si=uHVb0S1Cr-lQu2lA</a></p> <p><b>Defending Skills</b> <a href="https://youtu.be/lzPJPCg5SCg?si=7l6yHGr_1lHBfP6F">https://youtu.be/lzPJPCg5SCg?si=7l6yHGr_1lHBfP6F</a></p> <p><b>Netball Rules and Playing Positions explained.</b> How to play Netball and Rules Introduction <a href="https://youtu.be/aBuxsRnU50A?si=LtnybrmdJkLgYn39">https://youtu.be/aBuxsRnU50A?si=LtnybrmdJkLgYn39</a></p> <p>The Rules of Netball -EXPLAINED! <a href="https://youtu.be/V1qINnl-Dis?si=rmFIIsDDUnmLIAaD">https://youtu.be/V1qINnl-Dis?si=rmFIIsDDUnmLIAaD</a></p>

Key Vocabulary and Definitions to Be Learnt		What will the Assessment look like?
<b>Netball Court</b>	 Area that a game of Netball is played on.	<p><b><u>Quality of Performance</u></b> Students will be BASE assessed on their practical skills related to Netball in isolation, small sided and recognised games.</p> <p><b><u>Quality of theoretical Understanding</u></b> Students will also be assessed on their theoretical knowledge related to Netball. Including</p> <ul style="list-style-type: none"> <li>• Rules and regulations</li> <li>• Skills and tactics</li> <li>• Analysis of performance</li> </ul>
<b>Netballs</b>	Equipment used to play Badminton	
<b>Netball Bibs</b>	7 different letter positions to identify each playing position. GK, GD, WD, C, WA, GA, GS. 	
<b>Types of passing</b> <b>Chest pass</b> <b>Shoulder pass</b> <b>Bounce pass</b>	Different ways to pass the ball to your teammates	
<b>Held Ball</b>	You are only allowed to keep hold of the ball for 3 seconds during the game at any one time.	
<b>Footwork</b> <b>Pivot</b> <b>Landing foot</b>	In Netball there is a <b>footwork</b> rule as to how you land when receiving the ball. <b>Land 1,2.</b> Your <b>landing foot</b> is the <b>first</b> foot that goes on the ground.	
<b>Attacking Skills:</b> <b>Dodging</b> <b>Sprint Dodge</b> <b>Change of Direction</b> <b>Fake/Feint Dodge</b>	Dodging is how you get free from a player in Netball to receive the ball. One way of getting free is to change directions, to beat your opponent to receive the ball.	<p><b>Family Learning Opportunities</b></p> <p>Join a local Netball Club</p> <ul style="list-style-type: none"> <li>• Sutton Town Netball Club</li> <li>• Stockland Belles Netball Club</li> </ul> <p><a href="#">Home</a>   <a href="#">Sutton Town Netball Club</a></p>
<b>Centre Circle</b>	Where the centre pass is taken from	
<b>Goal Circle</b>	Playing area where only GK, GD,GS and GA are allowed	
<b>Defending Skills:</b> <b>Marking</b> <b>Interception</b>	Double lines on the court for both singles and doubles	