



St Andrew's C of E Maghull PE Knowledge Organiser Year 6 – Autumn 1 - Netball



Knowledge: I know...

- how to conduct a short warm up that increases my heart rate and allows my muscles to stretch and relax.
- the basic rules of netball.
- the main principle of attack and defend in netball.
- that it is easier to receive a ball when my body position is faced towards the thrower.
- my body position for passing needs to be in Ready Position with my knees slightly bent, on my toes and my body in an open position.
- the importance of working collaboratively in a team to play and keep possession of the ball.

Skills: I can...

- Choose and implement a range of strategies to attack and defend such as restricting attackers space or goal side marking
- Suggest, plan and lead a warmup or drill and use STEP technique to modify Travel quickly and effectively with the ball.
- Use and apply boundary rules such as corners, self-pass and side-line in relevant game
- Use a variety of techniques for passing, controlling, dribbling and shooting the ball in games.
- Able to track and control a rebound from shot (penalty or open play)
- Work collaboratively in a team to play and keep possession of the ball

Lesson Sequence:

Lesson 1: I understand the double bounce rule and recognise it when playing.

Lesson 2: I know how to mark the pass or the shot, using the 1 metre rule.

Lesson 3: I can organise a group of players around the D and be ready to receive a pass.

Lesson 4: I can compete to win the rebound in attack and defence.

Lesson 5: I can knock the ball away from an opponent and can explain when to use this technique.

Lesson 6: I can make good choices in the type of pass that I use.

Vocabulary: control, use space, speed, mark, defend, attack, chest pass, tactics, compete, collaborate, teamwork, score, regain, shoot, positions, power, distance, perform, consistent, fair play, possession, free pass, pivot, blocking, metre, rebounds, knocking, free

