



Aims of the unit:

In this Netball unit, children will complete their sessions outside.

We will work on:

- throwing and catching skills
- footwork
- moving with and without the ball
- spacing on the court
- marking a partner
- different types of passes for different distances (which are the most effective)
- how to shoot a goal.

Once confident with these, we will apply them in mini- games, following rules from High Five Netball. Some of these rules are:

- 5 players to a team (see key positions).
- Netball is a non- contact sport. If contact is made, a penalty pass is awarded to the non- offending team.
- Footwork is important- the first foot to touch the ground when the player has the ball is called the landing foot. If both feet are on the ground, the player can choose their landing foot. The landing foot must remain on the ground. The other foot can be used as a pivot.
- Held ball- a player has a maximum of 4 seconds to pass the ball otherwise it is called a 'held ball.' A free pass will be awarded to the opposite team.

Key values: As with any kind of physical activity, the benefits for those who take part are not only physical, in which we develop strength, agility, stamina and flexibility, but our mental and emotional well- being is also greatly enhanced. Sport helps to relieve stress, help us relax and have a sense of belonging. Children will be awarded for demonstrating the following values in their lessons:



Main types of passes:

Chest pass- a middle distance pass suitable for spaces up to 6 metres apart. Both hands are on the ball and it is pushed from the chest.

Bounce pass- another middle- distance pass suitable for players up to 6 metres apart. This is good for passing under a player's arm if they are marking up high.

Shoulder pass- a longer distance pass which can be used for up to 10 metres or so.

Key positions:

Goal shoot and goal attack- the player who shoots the ball into the net. They are allowed anywhere in the goal third.

Goal defence and goal- keeper- allowed anywhere inside their opponent's goal third.

Centre- starts the match in the centre third and can move anywhere on the court except the semi- circles.



Netball court:

Netball courts are separated into thirds with a goal at either end. Where a player can go depends on the position they hold within the team. The middle section is called the centre third and the two end sections are called the goal thirds.

