



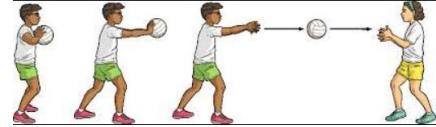
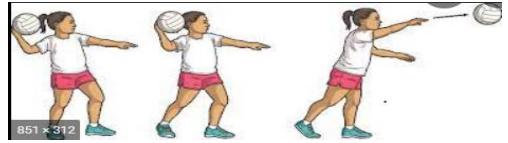
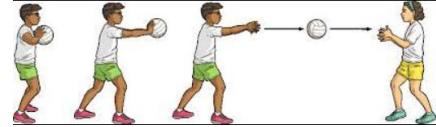
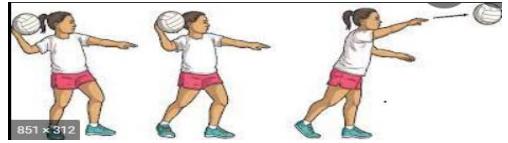
# St John Fisher RC Primary School

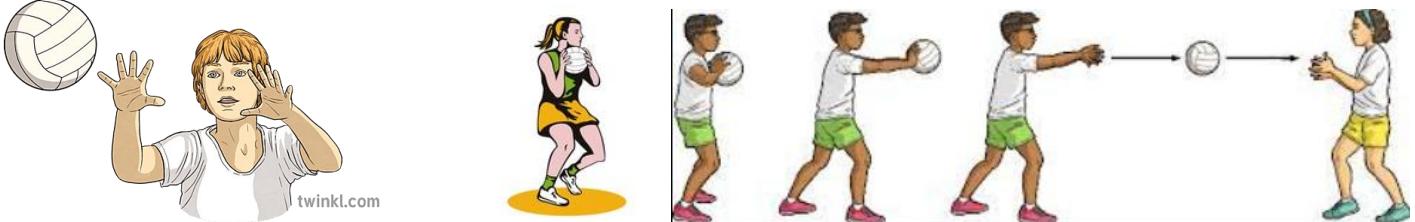
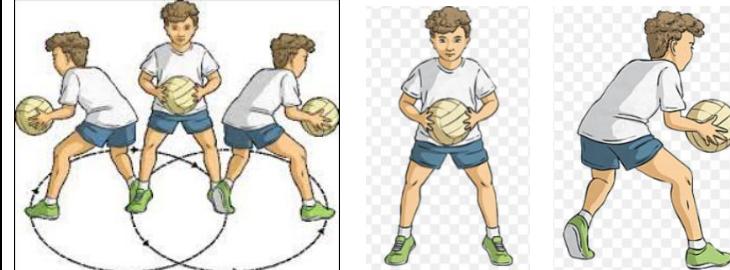
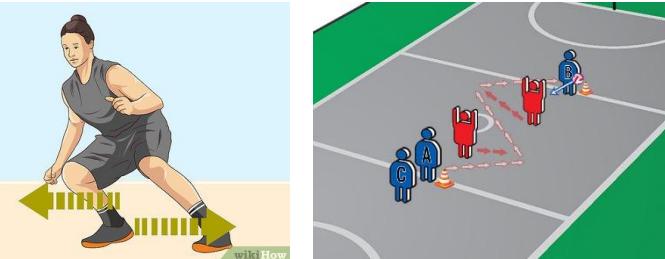
## KS1 PE Knowledge Organiser Spring One: High – 5 Netball Skills

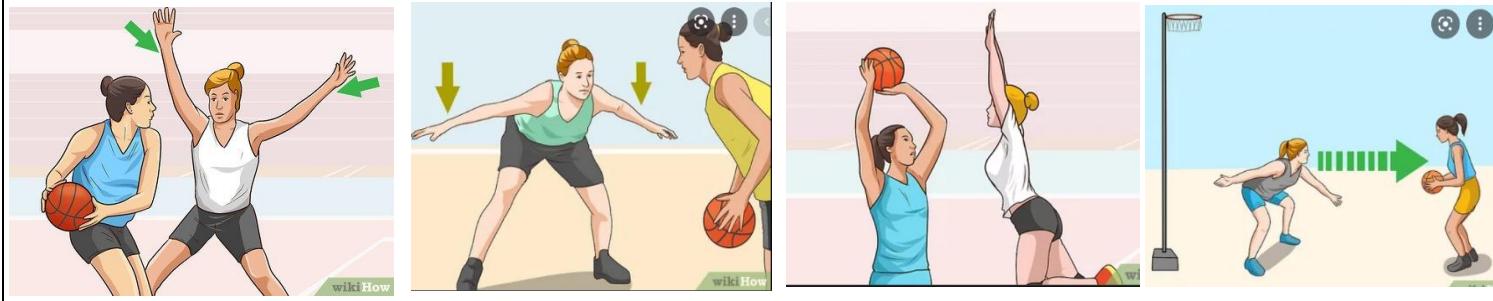
During PE sessions this term we will acquire and develop skills and tactics so that we can progress to playing competitive netball matches in KS2.

### Why do we do PE?

We take part in PE sessions to keep our bodies and minds healthy. PE at St John Fisher ensures that all pupils develop competence to excel in a broad range of physical activities and lead healthy, active lives. We aim to inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities. We provide opportunities for all pupils to become physically confident in a way which supports their health and fitness. We provide opportunities to compete in sport which builds character and helps to embed values such as fairness and respect.

Key Skills needed for Netball		How we will develop these skills in KS1 PE	
<b>Passing/Throwing</b>	<p>Different passes can be used within the game: chest pass, shoulder pass and bounce pass.</p> <p><b>Chest pass:</b></p>  <p>The ball is passed from one player to another players chest. Start with the ball at chest height, step towards team mate, extend arms and throw the ball.</p> <p><b>Shoulder pass:</b></p>  <p>A quick pass delivered from the shoulder. Move the opposite foot forward to throwing arm and hold the ball at head height with fingers spread behind the ball. Body weight is transferred from the back foot</p>	<p>We will practise being balanced and in control of the ball in preparation for the pass.</p> <p><b>Chest pass:</b></p>  <p>The ball is passed from one player to another players chest. Start with the ball at chest height, step towards team mate, extend arms and throw the ball.</p> <p><b>Shoulder pass:</b></p>  <p>A quick pass delivered from the shoulder. Move the opposite foot forward to throwing arm and hold the ball at head height with fingers spread behind the ball. Body weight is transferred from the back foot</p>	<p>Lean to the front foot. The hand, arm and shoulder should then thrust forwards releasing the ball.</p> <p><b>Bounce pass:</b></p>  <p>A pass that bounces once before reaching the receiver. Aim to bounce the ball just over half way between you and your team mate. Start with the ball and chest height and push the ball down.</p>

<b>Catching/Receiving</b>	<p>A skill used to receive the ball, enabling the team to keep possession of the ball.</p>	<p>We will develop our hand-eye co-ordination and learn to catch the ball from a standing position. When we can do this we will run forward to catch/receive the ball.</p> <p>We will vary the distance between catcher and thrower.</p> 
<b>Pivoting</b>	<p>A technique used to rotate yourself on the ball of your landing foot.</p>	<p>We will practise keeping our landing foot on the ground and rotating ourselves using our other foot.</p> 
<b>Dodging</b>	<p>A change of speed and direction in order to get free into position to receive the ball.</p>	<p>We will practise dodging to receive the ball. We will move our bodies quickly keeping our eyes on the ball.</p> 

<b>Shooting</b>	A skill used to score a goal.	We will practice our shooting skills. We will practise taking aim at the net, bending our knees and extending our arms. 
<b>Attacking and defending</b>	A technique used to mark your opponent to stop them finding a space to receive the ball or for a player to intercept a pass.	We will practise our attacking and defending skills by marking the opposite team players using our arms from a distance and keeping our eyes on the ball. 
<b>Key terms:</b> Attack Defend Free space Change of speed Decision making  <b>Equipment:</b> Netball Netball bibs Netball goalposts Cones	<b>Match:</b> The aim of the game is for one team to pass the ball down the court to their shooting circle and to score into the goal post.  The game begins with a centre pass. Teams alternate after a goal is scored (regardless of which team has scored).  