



St John Fisher RC Primary School

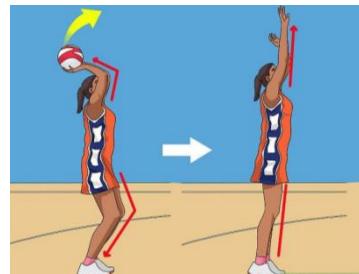
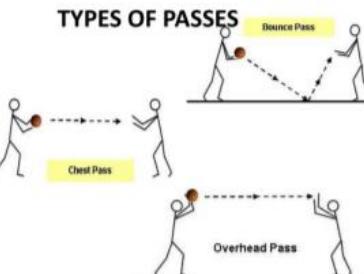
KS2 PE Knowledge Organiser Spring One: High – 5 Netball

Key Skills:

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|------------------|--|
| Passing | Different passes can be used within the game: chest pass, shoulder pass, overhead pass and bounce pass. |
| Catching | A skill used to receive the ball, enabling the team to keep possession of the ball. |
| Dodging | A change of speed and direction in order to get free into position to receive the ball. |
| Shooting | A skill used by the Goal Shooter and Goal Attack within a game to score a goal. |
| Defending | 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. |
| Pivoting | A technique to rotate yourself on the ball of your landing foot. |

Match

- 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).
- Each match is split into four quarters.



Key Terms:

Tactical Skills:
Attack
Defend
Free space
Change of speed
Losing an opponent
Timing
Decision making

Physical Fitness:
Coordination
Agility
Reaction time
Power
Stamina
Strength

Equipment:
Netball
Netball bibs
Netball goalposts
Cones



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Minor Rules (if broken, a free pass is given)

- During the game a player with the ball can only take one step before passing it.
- A player must pass or shoot for a goal within three seconds of receiving the ball.
- A player's movement is restricted by which position they play. Each player must stay in their designated area.
- A ball cannot be thrown over a complete third of the court without being touched by another player.

Major Rules (if broken, a penalty pass is given)

- Players must not make any physical contact with another player on the court.
- Defenders must stand at least three feet away from the player with the ball.



Playing positions and their roles on the court:

| | |
|--------------------------|--|
| Goal Shooter (GS) | To score goals and work in and around the circle with the GA. |
| Goal Attack (GA) | To work with the GS to score goals. |
| Centre (C) | To take the centre pass and work with the defence and attack. |
| Goal Defence (GD) | To win the ball and reduce the effectiveness of the GA. |
| Goal Keeper (GK) | To work with the GD to prevent the GA and GS from scoring goals. |

