



St John Fisher RC Primary School

KS2 PE Knowledge Organiser Spring One: High – 5 Netball

Key Skills:

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.

Key Terms:

Tactical Skills:

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

Physical Fitness:

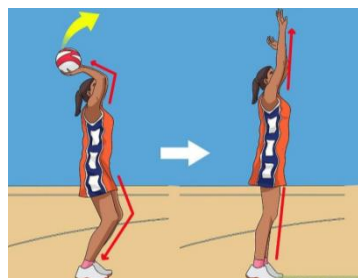
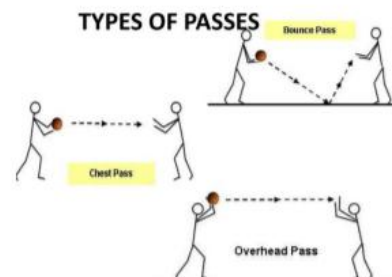
Coordination
Agility
Reaction time
Power
Stamina
Strength

Equipment:

Netball
Netball bibs
Netball goalposts
Cones

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.





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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.

