

Y7 Autumn 1 Netball

KEY KNOWLEDGE

During this half-term, you will develop skills and techniques in Netball. You will be developing core and advanced skills, building towards your assessment in the 'range of skills' (AF1), and 'quality of skills' (AF2). You will also be assessed throughout the year in 'physical and psychological attributes' (AF3), 'skill application' (AF4), and 'leadership skills' (AF5). The skills you'll develop will transfer to GCSE PE and Sport Studies courses offered at KS4.

Control, Accuracy and Fluency

You will be assessed on how well (quality) you can perform the key skills, considering control, accuracy and fluency.

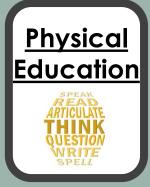
Try to describe what **control**, **accuracy** and **fluency** look like for each skill.

5 minute Challenge

- What are the two types of landing?
- Practice your chest passing, with a partner or against the wall.
- 3. State the four types of passes.
- 4. Practice your footwork and pivoting.
- 5. How many accurate bonce passes can you do in 30 seconds?

KEY VOCAB







Footwork and movement:

https://www.youtube.com/watch?v=rtnDm52t_eM

Chest pass:

https://www.youtube.com/watch?v=OwrMYoEjdW8

Over head pass:

https://www.youtube.com/watch?v=JgtThLoSWnw

BROADEN YOUR KNOWLEDGE

