

Y9 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

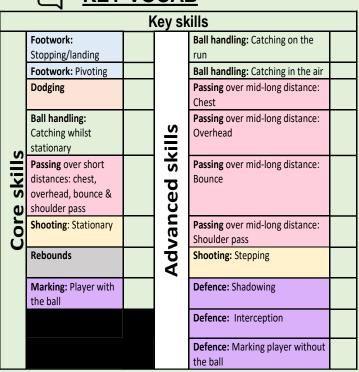
You will be assessed on how well (quality) you can perform the key skills, considering control, accuracy and fluency.

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

5 minute Challenge

- 1. Perform 10 of each pass with the correct technique.
- 2. When marking a player with the ball, how far away must you be?
- 3. Where does the ball need to be caught on a centre pass?
- 4. Practice your dodging.
- 5. What happens if a player performs incorrect footwork?

KEY VOCAB







Shooting:

https://www.youtube.com/watch?v=crYgvy_O23A

Dodging:

https://www.youtube.com/watch?v=kCiDfmdKA74

Defending:

https://www.youtube.com/watch?v=lzPJPCg5SCg

BROADEN YOUR KNOWLEDGE

