

Netball

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through netball. In addition, we evaluate and recognise our own successes.

Netball:

We will master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. We will participate in team games, developing simple tactics for attacking and defending

Key Vocabulary			
ball	run	overhead pass	move
attack	defend	position	dodge
defender	shoot	travel	
chest pass	corner	side-step	
wide	narrow	goal Keeper	



Rate your netball skills out of 5 stars	
I can perform a different netball passes	★ ★ ★ ★ ★
I can catch the ball from different netball passes	★ ★ ★ ★ ★
I can pass the ball then move into a space	★ ★ ★ ★ ★
I know the rules of a basic game of netball	★ ★ ★ ★ ★
I can participate in a basic game of netball	★ ★ ★ ★ ★

Circuit Training

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through circuit training. In addition, we evaluate and recognise our own successes.

Circuit Training:

We will learn to develop flexibility, strength, technique, control and balance.

Key Vocabulary			
jump	strength	bend	run
hop	breathing	squat	pace
bounce	sweat	balance	time
control	heart rate	movement	rep



Station	How many did you do? (Reps)	Time at each station
Skips		
Star jumps		
Shuttle jumps		
Sit ups		
Throw and catch a ball		

My greatest achievement this term was: _____

Next time I would like to improve: _____