

Prior Learning and Learning Links

Throw and catch accurately using one hand.

Keep possession of the ball.

Accurately pass to someone else using the chest pass or bounce pass.

Begin to vary tactics and adapt skills in small sided games (maximum 5 vs 5)

Begin to umpire and put rules into practice.

Key Knowledge

I cannot travel when in possession of the ball.

The closer to the net, the more chance I have of scoring.

If I shoot from unrealistic areas, I'm unlikely to score and will lose possession.

If footwork isn't applied, a foul is given and the opposition get a free pass.

High Five is a version of netball which involves players rotating round all positions. There are five from each team on the court with others umpiring and timekeeping.

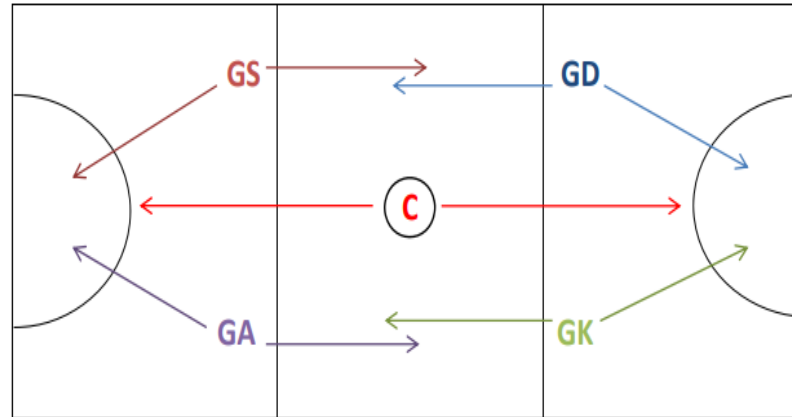
Sporting Hero

Gave Mentor has constantly ranked top of the 'World's Best Netball Lists'. She made her debut for England at just 16 and has now played in a whopping four Commonwealth Games.



Geva Mentor

High Five Netball Positions



- GS: Goal Shooter
- GA: Goal Attack
- C: Centre
- GD: Goal Defence
- GK: Goal Keeper

Key Vocabulary

Attacking: moving the ball up the court whilst attempting to score a point.

Centre pass: the initial pass which begins and restarts play after a goal

Chest pass: a pass used to fight the ball through the air by pushing outwards from the chest.

Bounce pass: a short pass that allows a play to find a team mate in a crowded area.

Defending: marking attackers and intercepting passes to prevent the other team from scoring a point

Intercept: to catch or knock away the ball when the opposing team are in possession.

Obstruction: Defenders cannot be closer than a metre from the player in possession of the ball.

Pivot: Keeping one foot on the ground while rotating the other foot to turn the body.

Possession: having control of the ball when attacking
intent | tactics | opponent | collaborate | co-ordination | continuous | strategy | zone

Key Skills

To use the chest pass accurately.

Use the bounce pass accurately to keep possession in a tight area

Have hands ready as a target to receive a pass.

To decide when to move to receive or intercept a pass.

Pass and move to create shooting opportunities from a suitable position.

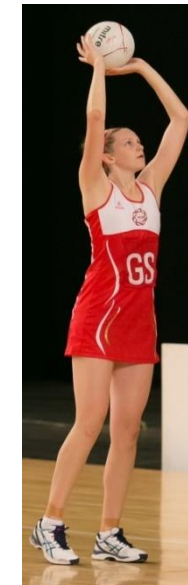
Apply the correct shooting technique.

Anticipate receiving the rebound when a team mate is shooting.

Apply the correct footwork when passing, moving and receiving.

Take part in competitive games showing an understanding of tactics and rules.

Umpire games independently.



- 1) Ball held above the head, resting on one hand and supported by the other.
- 2) Bend knees and elbows.
- 3) Extend knees and elbows and push the ball into the air, aiming it to loop above the hoop.