



Year 5 - Spring - PE Knowledge Organiser - Netball



What I already know...

- Warming up and cooling down are important before and after physical activity
- Basic body actions make up dance moves -step, gesture, travel, jump, turn.
- Timings with music and simple rhythm help us to keep in unison as a group.
- The rules for 'Bee Netball'
- New passing and shooting skills
- Further tactics for attacking and defending

Key Vocabulary

Possession	When a team has the ball they are in possession
Interception	Catching a pass made by an opposing player
Turnover	When a team not in possession of the ball gains possession
Marking	When a player defends an opponent
Getting free	When an attacking player moves to lose their defender
Rebound	When a player attempts to shoot a goal but the ball hits the goalpost and bounces

What I will learn...

Netball

- The impact of warm ups and cool downs and how it affects their bodies.
- How to attack and defend in a game situation.
- The basic rules and tactics for netball and employ them in a game situation.
- What space is and be able to find it with success in semi-pressured situations.
- How to use simple defensive skills with control and success.
- The specific footwork and passing skills required in a successful game of netball.
- How to obstruct an opponent.

Making a difference at The Merton

With the sports coach, the children will have the opportunity to learn and develop their skills in netball.

They will learn about skills, tactics and rules for netball. They will develop their hand-eye coordination when practising throwing and catching, as well as other specific types of passes.

They will be taught to play competitively and apply basic principles suitable for attacking and defending.

Making a difference at home

- You could join a netball club in the local area.
- Sign yourself up to the tennis after school club—if this is offered to your particular year group. Compete in a range of tournaments with other Leicestershire schools!