

Equipment (1)

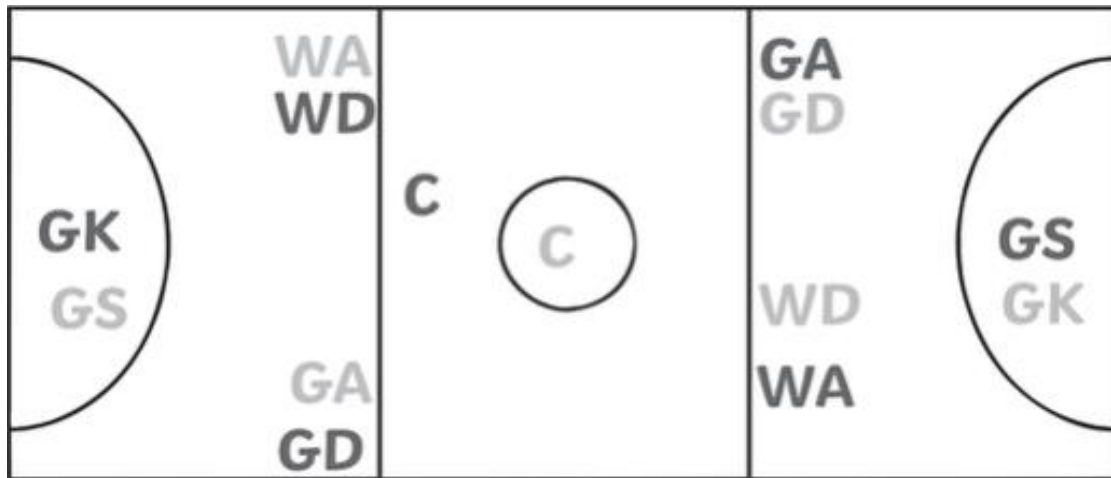
Netball

Netball Bibs (Position Specific)

Court (Correct Markings)

Posts & Nets

Whistle



Key Terms (2)

Attacking
Defending
Shooting
Contact
Footwork
Offside
Obstruction
Free Pass
Penalty Pass
Centre Pass
Replay

Key Rules (3)

- Teams of 7 players - each wearing specific lettered bib.
- 3 second time limit when in possession of the ball.
- Centre Pass - used to start the game, once one foot has entered the centre circle and the whistle is blown.
- Offside - a player with or without the ball cannot move into an area of the court that is not designated for their position.
- Footwork - when receiving the ball feet must land simultaneously or in a '1-2' fashion where first landing foot is the pivot.
- Obstruction - a player attempting to intercept or defend the ball must be at least 3ft (0.9m) away from the player with the ball.
- Contact - occurs when a player's actions interfere with an opponent's play whether these are accidental or deliberate.
- Over a Third - the ball cannot be thrown over a complete third of the court without being touched or caught by a player.
- Replay - a player cannot replay the ball, either by bouncing it to themselves to gain control or by catching it after dropping/throwing it.
- Free Pass - pass taken from where foul was committed, given for replay, offside, footwork, 3 second rule.
- Penalty Pass - as above, but player who committed foul must stand by side of opponent, given for contact, obstruction.

	Skill 1: Passing	Skill 2: Footwork	Skill 3: Getting Free	Skill 4: Shooting	Skill 5: Defending	Game Situation
Olympian (Skillful)	Uses a variety of passes, showing correct technique with power and accuracy. Always keeps ball high so difficult to defend. Fakes passes to outwit opponent. Chooses best pass for the situation every time.	Use correct technique. Pivots accurately, catches and passes on the move with perfect footwork. Land 1, 2 when turning in the air and steps into pass very time to give more power. Uses footwork to look for best pass each time.	Gets free from opponent with ease. Uses a variety of dodges to so using correct footwork and receives ball on the move, in space. Can use turn in the air. Uses 3 secs to their advantage, times move.	Correct shooting technique used consistently with a very high success rate. Very good attempts made to distract opponent by 'faking' shot with high levels of success. Can shoot accurately from anywhere in the D.	Puts pressure on player with ball every time, standing the correct distance away and in balanced position. Gets ready for bounce pass so does not commit too soon. Will often get the ball from a smaller player.	Always involved in the game. Gets the ball often. Doesn't give the ball away. Organises set plays and plays tactics such as double marking. Signals for the ball non-verbally and times movement and pass to work with the 3 sec rule. Constantly passes and moves into space. creates space for team mates.
Gold (Able)	Accurate and powerful passes due to correct technique and stepping into. Uses a variety of passes, selecting the best one for the situation. Keeps ball high so hard to defend. Starting to fake passes.	Lands correctly every time, including if turning in air to receive ball. Uses pivot well and steps into next pass to give power. Catches and passes on the move with correct footwork more often than not.	Gets free from opponent using good dodging techniques. Change of speed clearly evident. Receives ball in space and can turn in the air to beat defender and be in good position to pass ball again.	Can shoot from a variety of different locations within the D. Uses correct shooting technique consistently with accuracy and success. Attempts made to distract opponent by 'faking' shot.	Moves into a good marking position putting pressure on the player with the ball by getting 1m away and then reaching up. Stands sideways on when marking player without ball so can see them and feeder.	Shows a high understanding of positional roles and can play well in more than one role. Passes and moves constantly. Marks player tightly making it very difficult for her to get ball. Shows tactics such as double marking. Individual skills are to a high standard. Plays the game by the rules and is able to umpire with confidence.
Silver (Developing)	Accurate passes showing use of chest, bounce and shoulder with correct technique. Starting to step into pass each time to give increased power.	Lands 1, 2 every time with wide base so does not have to take another step. Will pivot on landing foot using other foot to step with to look for teammates to pass ball on accurately.	Gets free from an opponent of similar standard. Tries to show a variety of ways to do so but uses basic dodge most successfully. Beginning to show speed in change of direction, and timing dodge using 3 secs.	Gets into correct shooting position. Good attempt made to use correct shooting technique with ball held in stronger hand, with weaker hand supporting. Accuracy of shot is consistent.	Marks opponent with ball without obstructing but sometimes hands go up then feet move correct distance away. Will get into sideways on position to mark player without ball often, so can see both player and feeder.	Shows some understanding of positional roles and plays well in their role. Passes and moves well and will support player with ball. Signals non-verbally some of the time, timing the move into space so as to try to confuse marker. Shows good individual skills. Marks well and shows understanding of set plays.
Bronze (Emerging)	Passes with two hands. Passes are high and slow to start but get stronger with practice. Hands in correct position on ball.	Can land 1, 2 but will sometimes takes an extra step before stopping once caught ball. Starting to land with a wider base to help avoid having to take another step.	Lacks fast movement and therefore has difficulty getting free from good marker.	Attempts to gets into correct shooting position underneath the net. Opponent often intercepts shot, which lacks height and accuracy.	Opponent often gets free. Often too close when marking player with the ball. Stands straight on to player without ball so can not see what is happening with the feeder.	Gets the ball now and again and even though they sometimes give the ball away, they get into space more often than not to receive a pass. Starting to support player with ball more now. Able to signal for ball but will often be behind a marker when doing so.

Use the above criteria to self and peer assess during PE lessons. Identify what steps you can take to achieve the next level.