

Physical Education → Netball KS3/KS4

Key Skills	Physical Attributes	Knowledge	Rules
Passing – chest, shoulder, bounce and overhead Footwork – basic and advanced Attack (dodging - feint, sprint, double and roll) Defence (stage 1, 2 and 3) Shooting Positional play Centre passes Backline passes	Speed Agility Co-ordination Power Cardiovascular fitness Muscular endurance Reaction time Strength	Core skills Advanced skills Key positions – GK, GD, WD, C, WA, GA and GS Basic rules Basic regulations Warming up and cooling down Major muscle groups Heart rate and exercise intensity Outwitting opponents Analysis of performance	Playing the game Centre pass Scoring a goal Playing time Free pass Penalty pass Breaking at the centre pass Over a third Offside Footwork Obstruction Contact Out of court Toss up
Teaching Focus		Literacy	
Year 7 <ul style="list-style-type: none"> • Repetition of core skills through isolated drills in order to develop control and accuracy • Application of core skills within condition games in order to develop confidence whilst under pressure • Application of core skills within a competitive situation in order to outwit opponents 		Rules Regulations Tactics Spatial awareness Analysis Footwork Passing Obstruction Contact	

- Understanding of **basic rules, regulations** and **positioning**
- **Analysis of own performance** against practical criteria

Year 8

- Repetition of **advanced skills** through **isolated drills** in order to develop **precision, control** and **fluency**
- Application of **advanced skills** within **condition games** in order to develop **confidence** whilst **under pressure**
- Application of **advanced skills** within a **competitive situation** in order to **outwit opponents**
- Ability to **adapt to new situations** within **competitive situations**
- Understanding of **all rules, regulations** and **positioning**
- **Analysis of own performance and the performance of others** against practical criteria

Penalty pass
 Free pass
 Centre pass
 Attack
 Dodging
 Defence
 Blocking
 Positions - GK, GD, WD, C, WA, GA and GS
 Zonal marking
 Heart rate
 Intensity
 Blood flow
 Major muscles; Biceps, Triceps, Quadriceps, Hamstrings, Gastrocnemius, Gluteals, Abdominals, Deltoid and Pectorals.
 Isolation
 Conditioned
 Outwitting opponents
 Accuracy

Year 9

- Application of **advanced skills** within condition games in order to develop confidence whilst under pressure .

- **Application of advanced skills** within a **competitive situation** in order to outwit opponents
- Understanding of **key tactics** used to outwit an opponent. .
- Application of **key tactics during competitive game play**. .
- **Analysis of own performance and the performance of others** against practical criteria KS4.
- **Adopt a leadership role** in the lesson.

KS4:

- Applying and practicing with **increased focus on game play** to be able to participate effectively and confidently.
- **'Whole part whole' approach** might be appropriate to develop a deeper knowledge and understanding. **Leadership** encouraged through different roles practiced. **'Sports Education'** model may be used.

Useful Resources

www.EnglandNetball.co.uk

www.MerseysideNetball.org.uk

[GCSE PE OCR NEA Grading Criteria - Netball](#)

School Club Links

Formby Netball Club

Southport Netball Club

Chesterfield Community Netball Club