

# METBALL

*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 tactics for attacking and defending and understanding the rules of the game.

Key Vocabulary			
ball	run	overhead pass	move
attack	defend	position	dodge
defender	shoot	travel	shoulder pass
chest pass	corner	side-step	bounce pass
wide	narrow	goal keeper	foot-work



Self-reflection questions - Netball	Yes	No	Working on
Did I have fun during our PE lessons?			
Did my fitness improve?			
Have I learned a variety of different passing techniques?			
Did I improve my dribbling skills?			
Has my footwork improved?			
Can I travel with the ball?			
Was I able to play in a team?			
Do I know the areas I can play in depending on my position?			
Did I play safely?			
Have I learned something new this term?			
Give an example of something you did well...			

Give an example of something you can improve...	
---	--