



Knowledge Organiser KS3 PE

Year

KS3

Activity

Netball

Skills

- In netball you cannot move with the ball. You have to land 1,2 keeping your first foot still
- Catch the ball to gain possession
- You can send the ball using a variety of passes eg. chest pass, shoulder pass, bounce pass
- In order to receive the ball you use a variety of dodges eg. Sprint, change direction, feint, roll out, front cut
- When defending you can mark a player without the ball by remaining in front of them and marking a player with the ball
- To score you need to shoot from within the circle

Fitness

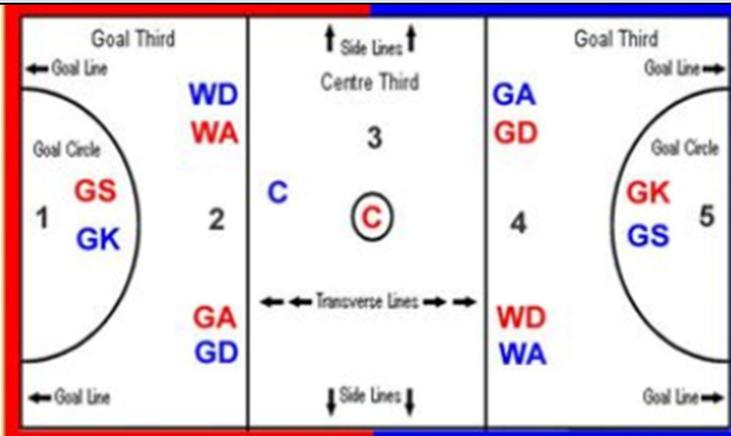
In order to play the game effectively you need to show good speed, agility, (by changing direction quickly), and stamina in order to complete a full match

Rules

Key rules to know are:

- Footwork
- Contact, there is no contact
- Obstruction, your feet must be at least 1 metre away from the landing foot of the person with the ball
- Centre Pass must be received in the centre third

Positions



The areas the blue team are allowed in						
GK	GD	WD	C	WA	GA	GS
1,2	1,2,3	2,3	2,3,4	3,4	3,4,5	4,5