

Year 7 Physical Education Knowledge Booklet

Netball

Name:

Class:



What PE kit do I need?

Black school PE shorts/leggings, blue school PE t-shirt, Non-marking trainers and white sports socks/school blue PE football socks.

School rugby/tracksuit top and school tracksuit bottoms dependent on weather conditions.

Assessment Criteria

0	Can demonstrate a ready position. Can send and receive the ball using cone catches in mini games.	
1	Can perform a forehand and backhand ground stroke from hand feed (self or partner).	
2	Can play 3 or more consecutive shots when rallying. Uses a ready position and recovers between shots.	
3	Can play forehand and backhand ground strokes with the correct technique (See SOW for description).	
4	Demonstrates good movement and positioning. Can serve using high 5 technique from the rear of the court.	
5	Can play basic forehand and backhand volleys. Has some understanding of when to use a lob.	
6	Can apply groundstroke, volleying and serving skills with success under the pressure of a game.	
T2	Thinking	Explain the aim and principles of an activity and apply this understanding when participating.
H2	Health	Perform a warm-up independently and explain what I am doing.

Big Questions

1. What types of passing are there and when can they be used?
2. What positions exist in netball and what are the court restrictions?
3. What rules restrict our movement with the ball and what skills do we need to develop effective footwork?
4. What are the key priorities when defending?
5. What are the second and third stages of defending?
6. What would you do in a given scenario?

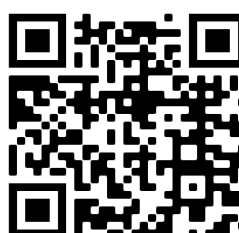
Web Links:

Netball Intro:

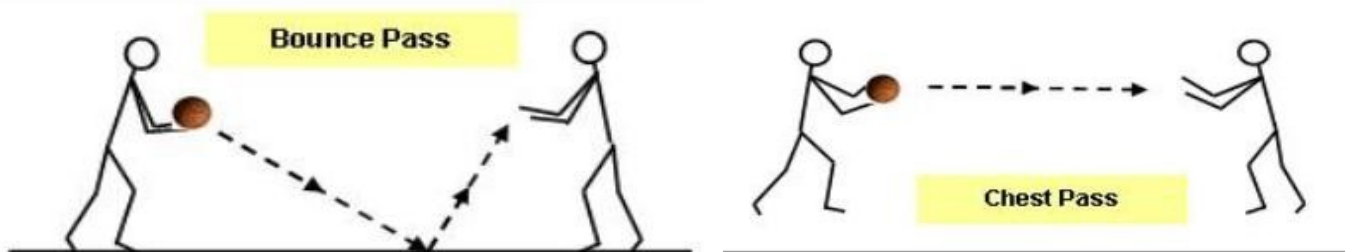
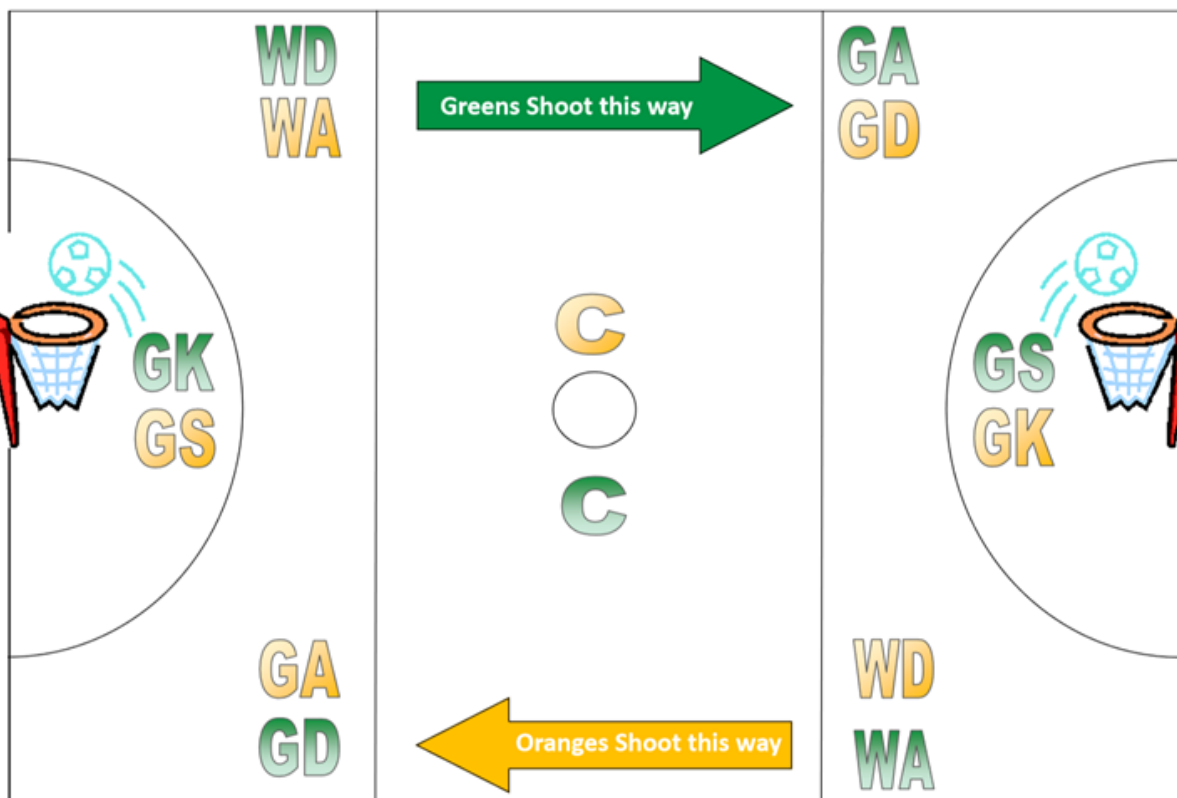
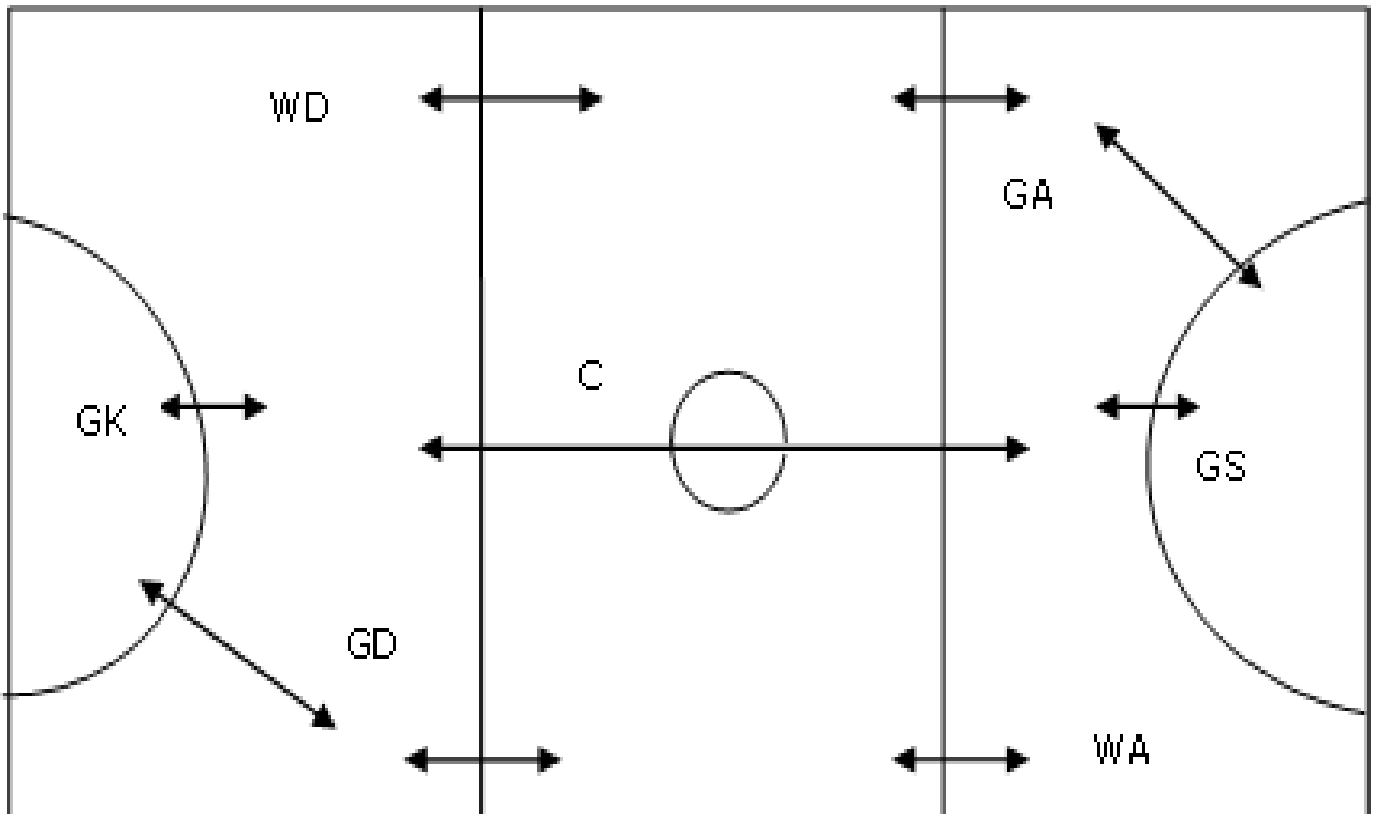
<https://www.youtube.com/watch?v=WvRNenTQ9rk>

Movement Skills for Netball:

<https://www.youtube.com/watch?v=zqnZli1EjSA>



Netball positions



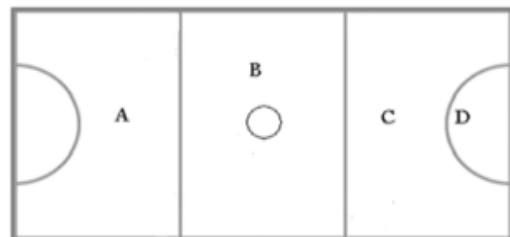
True or False.

1. Players allowed in the goal circle must be good at rebounding after missed shots at goal
2. A player is not allowed to pass the ball with a one handed throw
3. It is an advantage for a Goal Keeper to be tall, quick and agile.
4. A lob pass can be used to get the ball under or around a tall defender
5. When a player goes out of their designated area then the player will be sent off for 2 minutes

Multiple Choice

6. How is the time in a Netball game divided?
 - a. Quarters
 - b. Halves
 - c. Thirds
 - d. It isn't divided at all, you play the whole game with no breaks
7. How many players on court, in one team?
 - a. 4
 - b. 5
 - c. 6
 - d. 7
8. If the ball goes out of court, what happens?
 - a. The umpire throws it in
 - b. The opposite team throw it in
 - c. Nothing happens, the ball is played on
 - d. The teams talk to each other and decide who will take the pass
9. How close can a defender stand to someone who has the ball?
 - a. As close as they like
 - b. 1m – 3 feet
 - c. 2m – 6 feet
 - d. 3m – 9 feet

10. How many people on your team can shoot?
 - a. 1
 - b. 2
 - c. 3
 - d. Anyone on court can shoot
11. When can you kick the ball in netball?
 - a. To pass it to someone
 - b. If you drop it and need to keep it away from a defender
 - c. You can't kick the ball at all
 - d. To take it out of someone's hands
12. Which of these is not a form of contact?
 - a. Pushing another player
 - b. Tripping over another player
 - c. Hitting the ball out of a players hand
 - d. Standing in front of a player that is trying to shoot
13. How long can you hold the ball for in Netball?
 - a. You have to pass it straight away
 - b. 3 seconds
 - c. 4 seconds
 - d. As long as you want
14. If Player A threw the ball 'Over a Third', who could they be throwing it to?



- a. Player B
 - b. Player C
 - c. Player D
 - d. Player C and Player D
15. Which of these is NOT a position on a Netball court?
 - a. GA
 - b. WA
 - c. WK
 - d. GK
 16. What does GS stand for?
 - a. Goal Shooter
 - b. Goal Scorer
 - c. Great Shooter
 - d. Good Scorer