



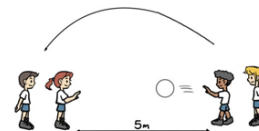
P.E		Year 3/4	
Focus: Netball			
Age related P.E vocabulary			
Passing	The action of passing a ball to another team member.	Defender	A player whose task it is to protect their own sides goal/ net.
Footwork	The manner in which one moves one's feet in various sports.	Attacker	A player whose task is to attack the other side's goal/ net in the attempt to score.
Pivot	A movement in which the player holding the ball may move in any direction with one foot, while keeping the other (the pivot foot) in contact with the floor.	Shooting	Throw the ball in an attempt to score a goal.

Key Knowledge

- When pivoting one foot should always be planted on the floor. You can pivot with the ball but cannot travel.
- Land with one foot then place the other foot down (One, two)
- Attackers can only hold the ball for four seconds

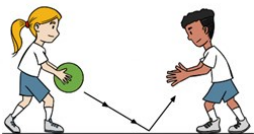
Chest pass

Step one foot forward and finish with hands pointing towards your partner.



Bounce pass

Begin with the ball at chest height. Push the ball to the floor, just over halfway towards your partner. Step forward as you pass with fingertips in the direction of the pass. Catch with 2 hands.



Shoulder pass

Should be used over a longer distance. Elbow in line with shoulder. Throw the ball with one hand. Throwing hand finishes pointing at target.



Shooting

Begin with your feet start shoulder width apart. Hold the ball in both hands, high above your head. Bend your knees and elbows then extend pushing the ball high.

