

Year 4 Doves

PE

Autumn 1



FUNDAMENTALS OF

PE

and

What is netball? Netball is a ball sport played by two **teams** of seven players, usually on an indoor court. In netball there are different ways to pass the ball, such as a **chest pass** and a **shoulder pass**.

Positions

Goal Shooter (GS) – to score goals and work in and around the circle with the GA.

Goal Attack (GA) – to feed and work with the GS to score goals.

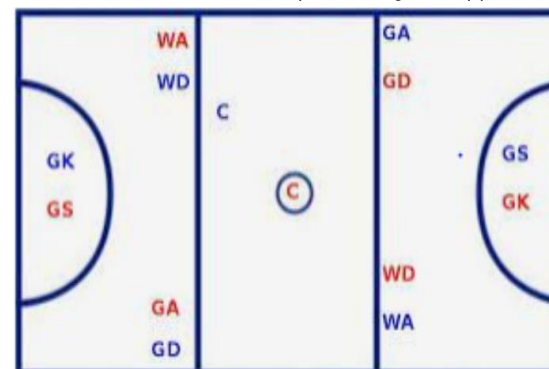
Wing Attack (WA) – To feed the GA and GS, giving them shooting opportunities.

Centre (C) – To take the centre pass and to link defence and attack.

Wing Defence (WD) – To look for interceptions and prevent opposition WA feeding the circle.

Goal Defence (GD) – To win the ball and stopping the opposition GA from shooting.

Goal Keeper (GK) – To work with the GD preventing the opposition GA/GS from scoring.



	Key Vocabulary	Definition
Fundamentals of PE	accelerate	To move more quickly; increase speed.
	agility	To be in motion, stop, change direction and get moving again
	balance	To maintain a controlled body position during task performance
	control	The ability of the nervous system to control the contraction of the muscles
	coordination	To select the right muscle at the right time with proper intensity to achieve proper action.
	decelerate	To move more slowly, decrease speed.
	technique	the basic movements of any sport or event
Netball	chest pass	A type of pass used in netball for short distances.
	footwork rule	Not moving with the ball. When catching the ball, the foot that lands first must stay in contact with the floor until the ball is passed.
	obstruction	When a defender is closer than 1m to the player with the ball.
	positions	Where players stand when the game is started and re-started after a goal is scored.
	rules	Keep players safe and to make the game fair for all.
	shoulder pass	A type of pass used in netball for longer distances.
	team	A group of people playing on the same side. 7 in netball.

Balance Balancing is an important physical skill that we use every day. Balancing means maintaining your posture during any activity, whether you are still or moving. Good balance involves a wide range of physical attributes, including muscle strength and control, coordination and awareness of your surroundings. Other physical skills, like your vision and inner ear, also have a huge bearing on how good your balance is.



Agility This is the ability to move fast and to suddenly change speed and/or direction. This could be a basketball player suddenly switching directions to keep the ball away from their opponent or a dodge in netball to lose a marker.



Footwork

Players cannot move with the ball. This includes dragging feet or hopping. When catching the ball, the foot that lands first must stay in contact with the floor until ball is passed.

Pivot

This is how players turn with the ball once caught. One foot remains fixed to the ground. The other foot is used to push and turn. The ball can then be released off in a different direction. If the player catching the ball lands on both feet, they may choose which foot they use to pivot.