

Year 3 Parakeets



PE



Spring 1

Netball and Dodgeball

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.

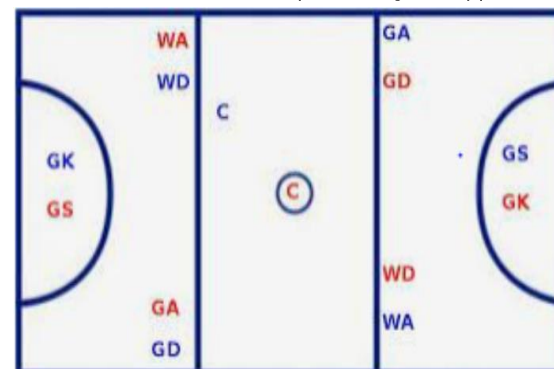
Wing Attack (WA) – To feed the GA and GS, giving them shooting opportunities.

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.

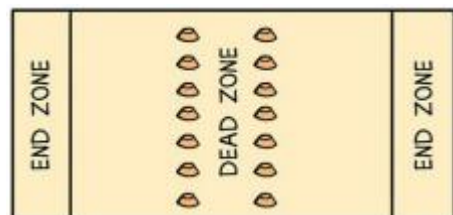
Goal Keeper (GK) – To work with the GD preventing the opposition GA/GS from scoring.



	Key Vocabulary	Definition
Dodgeball	Accuracy	How close the object is to the given target
	Dodge	To avoid (someone or something) by a sudden quick movement.
	Head shot	When the ball hits someone in the head.
	Opposition	The other team
	Overarm	Done with the hand or arm passing above the level of the shoulder.
	Tactic	A plan or strategy
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.

Dodgeball court

The court is divided into two areas, with a 'Dead Zone' area separating the two sides at the centre of the court and two 'End Zones'



The ball can be used to block a shot.



Key principles of target games (Dodgeball, golf)

Attacking	Defending
Placement of an object	Avoid getting out

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.