

Year 4 Flamingos PE

Autumn 1



DANCE and NETBALL

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.

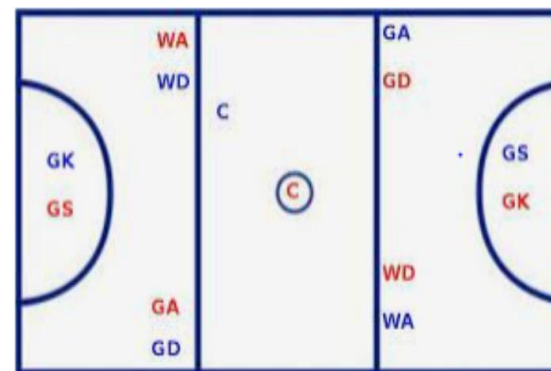
Wing Attack (WA) – To feed the GA and GS, giving them shooting opportunities.

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
Dance	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.
Netball	technique	the basic movements of any sport or event
	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.

Samba

The samba is a lively, rhythmical dance in 2/4 time that is Brazil's national dance. It incorporates African and Portuguese elements.

Box Step: Stand with feet about a hip width apart.

Step feet to make a box shaped pattern on the floor.

1: right foot forward, in front of left foot.

2: left foot crosses in front of right foot.

3: right foot steps back behind left foot.

4: left foot steps back to where it started.

Arms move in egg beater action throughout.

Try not to look at your feet.



Samba Step:

1: left foot forward (count 1)

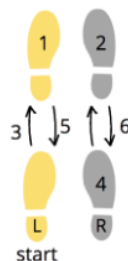
2: right foot steps next to left (and)

3: left foot in place, weight shifts to it (count 2)

4: right foot step backward (count 3)

5: left foot next to right foot (and)

6: right foot in place, weight shifts to it (count 4)



Netball Techniques

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.