

Year 6: Phoenix

PE
Autumn 1

Fitness and Netball

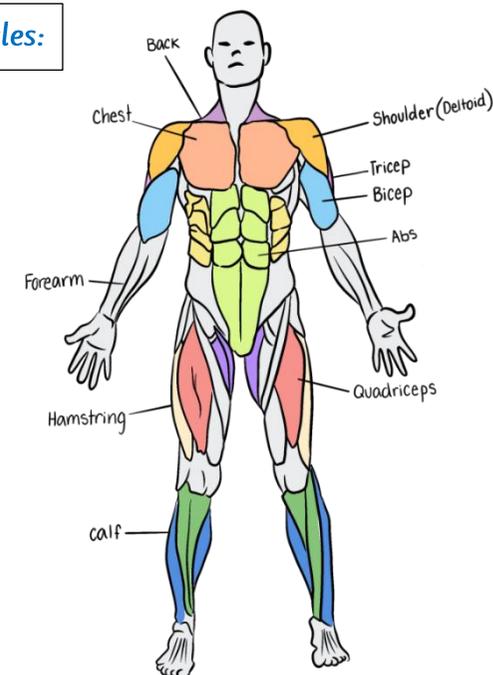
Netball positions:



	Key Vocabulary	Definition
Netball	agility	(noun) The ability to move quickly and easily.
	anticipation	(noun) The action of expecting or predicting something to happen.
	intercept	(verb) To prevent the opposition from completing a pass.
	invasion game	(noun) A sport where two teams invade (enter) each other's space to score a goal.
	pivot	(verb) To turn on the spot.
	possession	(noun) The state of having, owning, or controlling something (the ball).
	pressure	(noun) To harry/ pester the opposition so they cannot pass easily.
	receive	(verb) To be given the ball.
	recover	(verb) To win possession back after it has been lost.
	technique	(noun) A way of carrying out a particular task.
turnover	(noun) A loss of possession of the ball to the opposing team	

Fitness	arabesque	(noun) A posture in which the body is supported on one leg with the other leg extended horizontally backwards.
	co-ordination	(noun) The organisation of the different elements of a complex activity.
	distribute	(verb) To share something out, e.g., to distribute the weight.
	dynamic	(adj) Characterised by movement.
	intervals	(noun) An intervening time – the time gap between two events.
	slalom	(verb) To move or race in a winding path, avoiding obstacles.
	stamina	(noun) The ability to sustain prolonged physical effort.
	static	(adj) Lacking in movement; staying still.
	Technique	(noun) A way of carrying out a particular task, especially the execution or performance of an artistic work.

Fitness Muscles:



These are some of the muscles we will be focussing on as we complete our fitness lessons.