

## Autumn 1

## Netball

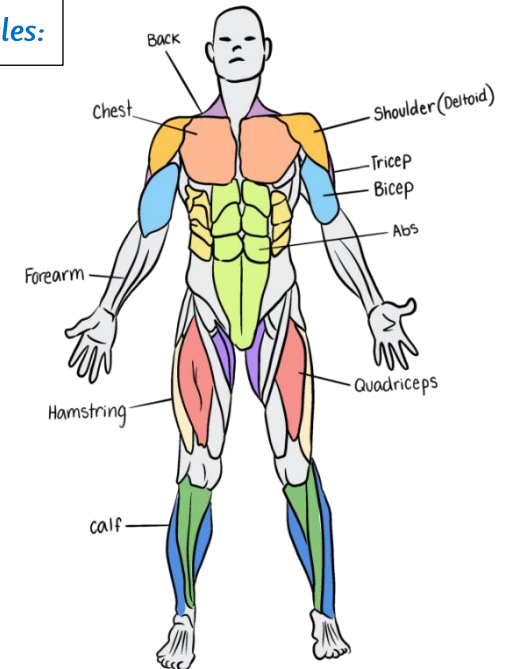
### Netball positions:



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