

Knowledge Organiser: PE Year 7 Netball

Skills

Key Words	Description	Coaching Points	Useful Information
Chest pass	The ball is passed from one player to another player's chest.	Start with the ball at chest height Elbows kept in Step towards team mate Extend arms	Use over short distances
Bounce pass	A pass that bounces once before reaching the receiver.	Aim to bounce the ball ¾ of the way between you and your teammate Step past defender	Use to get past a close defender
Shoulder Pass	A quick direct pass delivered from the shoulder	Opposite foot forward to throwing arm Hold the ball at head height with fingers spread behind (not under) the ball Body weight is transferred from the back foot to the front foot The hand, arm and shoulder should then thrust forwards towards the target	Use over long distances
Footwork	Landing after catching the ball on 1 or 2 feet and pivoting on the landing foot	Jump to catch ball and land on 1 or 2 feet Pivot on landing foot	Pivoting on the ball of the foot helps balance
Dodging	A way of getting free from your opponent to receive a pass	Fake one way to put the defender off balance and then go the other	Timing is crucial
Marking	You can mark a player or the ball	If marking the ball make sure you are 1m away If marking the player get sideways on so you can see the ball and the player	Stay on the balls of your feet

Effects of exercise

Short term
Increased blood flow to muscles
Blood is diverted to muscles from digestive and other systems
Increased tidal volume (amount of air breathed in or out 1 one)

Long term
Muscles, tendons and ligaments get stronger
Lower resting heart rate and quicker recovery rate
Increased vital capacity (amount of air that can be forcibly expelled as soon as possible after breathing in)

Components of fitness

Component of fitness	Definition	Example of use in the game
Agility	Ability to change direction at speed	To dodge away from your opponent
Reaction time	Ability to respond quickly to a stimulus	Time your passing and moving
Cardiovascular endurance	Ability of heart, lungs and blood vessels to produce energy	Being able to play well for the entire game

Shooting technique



Rules

Infringement	Description	Referee decision
Footwork	When the landing foot is picked up and put down again before the ball is thrown	Free pass to opposition
Obstruction	Player is closer than 1m when marking opponent with arms up	Penalty pass to opposition
Contact	Player bumps into an opponent with the ball	Penalty pass to opposition
Off side	When a player steps into part of the court they are not allowed into	Free pass to opposition

The court

