

Knowledge Organiser: PE Year 8 Netball

Skills

Key Words	Description	Coaching Points	Useful Information
Shooting	Throwing the ball into the net to score a goal	Ball above head in 2 hands Look under the ball Bend elbows and knees Flick wrists and thrust ball up and over the ring	Try to get quite close to the net before shooting. Under the post can be quite tricky too.
Sprint dodge	From a standing position suddenly sprint into a space	Find the space visually (ideally away from you opponent) Without warning sprint into the space Signal as you move	Timing of the move is crucial
Marking the player	Staying close to the opponent in order to prevent them from easily receiving the pass	Stand sideways on so you can see the opponents moves and the throw of the ball Small steps enable you to keep up with the player	Try to intercept the ball

Shooting position



Rules

Infringement	Description	Referee decision
Foul throw in	Foot is on the line at a throw in	Opposition throw in
Replayed ball	Ball is caught or controlled and then picked up again	Free pass to opposition
Footwork at centre pass	One foot not entirely in centre circle at centre pass	Free pass to opposition

Effects of exercise

Short term	Long 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 breath)	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 get into a good space to receive a pass
Reaction time	Ability to respond quickly to a stimulus	Timing your interception when marking opponent
Cardiovascular endurance	Ability of heart, lungs and blood vessels to produce energy	Being able to play well for the entire game

Areas of play

