

Knowledge Organiser: PE Year 9 Netball

Skills

Key Words	Description	Coaching Points	Useful Information
Footwork	Running pass	Normal footwork rules apply Ball is received and the landing foot is lifted but not replaced on the ground until after the pass is made	This is a very quick pass with both feet off the ground at the same time
Shooting	Stepping in/backwards when shooting to gain ground either nearer the post or away from a defender	One step can be taken in any direction to move into a better shooting position. The landing foot is lifted and shooting is done on one foot	A great move as the defender cannot move closer to mark you/you will be in a better shooting position
Throw up	When 2 players both have possession of the ball and the umpire does a throw up	Players face the way their team is shooting Stand 1m apart with hands by side On whistle snatch in the ball to win possession	Reaction time to the whistle is vital

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 dodge away from your opponent
Reaction time	Ability to respond quickly to a stimulus	Responding to the whistle during a throw up
Cardiovascular endurance	Ability of heart, lungs and blood vessels to produce energy	Being able to play well for the entire game

Throw up



Rules

Infringement	Description	Referee decision
2 players off side simultaneously	One player from each team goes off side	Throw up
2 players have hold of the ball	One player from each team has hold of the ball and does not let go	Throw up
Breaking	If a player runs into the centre third before the whistle at a centre pass	Free pass on the centre third to the opposition

Marking the ball

