



P.E. Knowledge Organiser - Netball



Key Vocabulary

Court	Playing area where the game takes place.
Intercept	To gain possession on the ball when the other team are passing the ball.
Invasion	The aim of the game is to attack the other teams territory to score a goal/point.
Pass	Successfully send and receive a ball to a teammate.
Possession	When your team has the ball.
Receive	Take possession of the ball from a teammate.
Send	Using your feet / hands to push the ball to a teammate.

Passing in Netball

When playing sports such as netball and basketball passing is very important these are the 3 key passes.

Chest Pass

Both thumbs to the back of the ball, take the ball from your chest and send it to a teammates chest (ball should not touch the floor). Fingers finish pointing towards the target and palms facing out.

Bounce Pass

Same setup at the chest pass with the exception of fingers end up pointing to the floor when you let go of the ball. Aim towards your teammates feet- the ball should bounce once.

Shoulder Pass

One handed pass—cradle the ball in hand and lift the ball to shoulder—push the ball quickly towards your teammate. Foot position opposite foot forwards to the hand being used.

Rugby Pass

Two hands must be on the ball at all times (ideally holding the belly (wider part) of the ball—hold the ball close (but not tight) to your chest.

Basketball

Played on a court with 7 players at elite level.

Players all have set positions and are only allowed in certain areas because of this.

Boys and girls play at primary level but only ladies at elite level.

