





## Key Stage 3 Netball 2024 Onward

N A T C	Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques				Pupils should understand what makes a performance effective and how to apply these principles to their own and others' work				Pupils should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity			
	Est -	Est	Est +	Dev -	Dev	Dev +	Mast -	Mast	Mast +	Exc -	Exc	Exc +
P A T H												
I N T E N T	Health & Safety	Passing	Receiving	Footwork	Basic Rules	Marking	Dodging	Shooting	Positions	Outwitting Opponent	Circle Movement	Umpiring
S H O W	Identify hazards presented by the performance area Identify hazards presented by the equipment Identify hazards presented by gameplay	Pass over short and longer distances Successfully demonstrate a shoulder pass Successfully demonstrate a chest pass	Move into space to enable a pass to be made Successfully catch two handed in a static position Show effective signalling to guide the pass direction	How to control landing foot How to pivot legally Successfully catch a pass on the move	Know when the ball is out of play Appreciate the penalty pass and free pass rules Demonstrate the correct throw in technique	How to mark the player How to mark the ball Appreciate stage 1 and stage 2 defending techniques	Demonstrate a step and sprint Demonstrate a double dodge How to create space to move into	Correct shooting technique How to move within the circle How to rebound the shot	How to organise a team, positions and areas of play How to move the ball up the court using most players How to play within your zone	How to organise a centre pass How to create space for a pass Demonstrate effective interception techniques	How to gain space using split landings How perform a 'step in' shot Demonstrate effective circle rotation	Adopt positions that allows accurate decision making Use whistle to stop the game when necessary Use: 1. Whistle 2. Why I've blown 3. What next
K N O W	<p>YEAR 7 STUDENTS WILL APPLY KNOWLEDGE OF THE SKELETAL MUSCLES TO THE MOVEMENTS TAUGHT IN LESSONS</p> <p>YEAR 8 STUDENTS WILL APPLY KNOWLEDGE OF THE COMPONENTS OF FITNESS TO THE MOVEMENTS TAUGHT IN LESSONS</p> <p>YEAR 9 STUDENTS WILL APPLY KNOWLEDGE OF THE PRINCIPLES OF TRAINING TO THE SPORTS OF ROUNDEERS AND CRICKET</p>											
V I R T U E S	Determination				Perseverance				Resilience			