

EDSTART KNOW

- I can explain how to evaluate my performance and identify ways to improve my netball skills.
- I can describe how feedback from a partner, coach, or teammate helps me develop my passing, movement, and shooting.
- I can understand how analysing my performance helps me make better decisions and improve my teamwork in games.

EDSTART GO

- I can evaluate my performance and recognise what I need to do to improve my accuracy and control.
- I can use feedback from others to adjust my technique, timing, or positioning during play.
- I can apply what I've learned in training to perform more effectively in competitive matches.

EDSTART SHOW

- I can demonstrate confidence and improvement in passing, shooting, and defending during games.
- I can explain how my performance has improved and give reasons for my progress.
- I can show teamwork, communication, and sportsmanship while striving to achieve my personal best.

Key Vocabulary

pass, pivot, shoot, mark,

space, teamwork,

decision-making,

communication

Role Models



Helen Housby -
England Netballer,
Commonwealth Gold
Medallist



Geva Mentor CBE -
England Defender and
Five-Time World Cup
Player

What do we know about Netball?

Netball originated in the late 19th century as a variant of basketball adapted for women in England. It's now one of the fastest-growing team sports worldwide, played in over 80 countries. The game demands precise passing, tactical movement, and communication. Each position has defined court zones, promoting discipline and spatial awareness. Elite teams focus on transition play and defensive press formations. The International Netball Federation (INF) governs global competition, and England Netball drives participation through initiatives like Bee Netball and Netball Youth Camps.

In Year 5 we learnt

- to combine netball skills such as passing, catching, and shooting within an activity, moving between them with control and fluency.
- to explain how different netball skills are used within a game and identify which situations require a combination of skills.
- to assist their peers by providing constructive feedback, supporting them during activities, and recording scores accurately.