

Recap: What do we know about netball?

Lesson 1/6

To decide when to use different types of passing and know the correct footwork needed in netball

EDSTART KNOW

- I can explain when to use different types of passes.
- I can describe what a landing foot is and how to pivot.
- I can understand the rules about footwork faults.

EDSTART GO

- I can perform chest, bounce, and overhead passes under pressure.
- I can pivot to change direction before passing.
- I can use the correct pass to keep possession.

EDSTART SHOW

- I can work fairly with teammates in passing activities.
- I can encourage others when they pivot and pass.
- I can respect defenders when playing keep-ball games.

Recap: To decide when to use different types of passing and know the correct footwork needed in netball

Lesson 2/6

To shoot the ball **whilst under pressure**

EDSTART KNOW

- I can explain how to hold the ball when preparing to shoot.
- I can describe the correct shooting technique.
- I can understand where I am allowed to shoot from.

EDSTART GO

- I can shoot using correct balance and follow-through.
- I can score goals under defensive pressure.
- I can shoot from different positions in the circle.

EDSTART SHOW

- I can respect defenders when shooting.
- I can celebrate teammates' successful shots.
- I can play fairly during shooting competitions.

Recap: To shoot the ball whilst under pressure

Lesson 3/6

To understand the roles of each player on the netball team and know the specific rules involved

EDSTART KNOW

- **I can explain the different positions in netball.**
- **I can describe where each position can move.**
- **I can understand the 4-second rule.**

EDSTART GO

- **I can pass and receive while respecting position boundaries.**
- **I can play in each position during High 5 games.**
- **I can apply rules in keep-ball and matches.**

EDSTART SHOW

- **I can respect my teammates when rotating positions.**
- **I can encourage others when playing in new roles.**
- **I can respect the rules and play fairly.**

Recap: To understand the roles of each player on the netball team and know the specific rules involved

Lesson 4/6

To have the opportunity to play in all roles on the netball team and know the specific rules involved

EDSTART KNOW

- **I can explain the rules of High 5 Netball.**
- **I can describe how to move the ball quickly into space.**
- **I can understand how to use depth and width when attacking.**

EDSTART GO

- **I can play in all positions during games.**
- **I can attack and defend using correct movement.**
- **I can move the ball quickly across the court.**

EDSTART SHOW

- **I can respect teammates when rotating positions.**
- **I can encourage others when defending and attacking.**
- **I can play fairly in matches.**

Recap: To have the opportunity to play in all roles on the netball team and know the specific rules involved

Lesson 5/6

To play small modified games of netball

EDSTART KNOW

- I can explain the main rules of netball.
- I can describe how tactics can help a team keep possession.
- I can understand how to apply strategy in small-sided games.

EDSTART GO

- I can apply rules in modified High 5 Netball.
- I can use tactics to help my team attack and defend.
- I can combine skills to play full games.

EDSTART SHOW

- I can respect opponents and officials in games.
- I can support teammates using tactics.
- I can show fairness whether my team wins or loses.

Recap: To play small modified games of netball

Lesson 6/6

To play small-sided games and follow the rules of the game

EDSTART KNOW

- I can explain the tactics used in matches.
- I can describe the responsibilities of each position.
- I can understand how to lead and support a team.

EDSTART GO

- I can play in tournament-style matches.
- I can rotate positions and adapt to different roles.
- I can pass, shoot, and defend in competitive games.

EDSTART SHOW

- I can respect referees, scorers, and opponents.
- I can encourage my teammates during games.
- I can show sportsmanship whether I win or lose.