

Recap: What do we know about netball?

Lesson 1/6

To decide when to use different types of passing in netball

EDSTART KNOW

- I can explain when to use different types of passes.
- I can describe how to cushion the ball when catching.
- I can understand how to pass under pressure from a defender.

EDSTART GO

- I can perform chest, bounce, and overhead passes with accuracy.
- I can receive and control the ball under pressure.
- I can combine passes in small-sided games.

EDSTART SHOW

- I can encourage my teammates during passing games.
- I can respect defenders when they intercept.
- I can share success fairly in 4 Square challenges.

Recap: To decide when to use different types of passing in netball

Lesson 2/6

To work on the footwork needed in netball

EDSTART KNOW

- I can explain the landing foot rule.
- I can describe how to pivot to change direction.
- I can understand footwork faults in netball.

EDSTART GO

- I can pivot after receiving the ball.
- I can pass while keeping my landing foot grounded.
- I can use pivoting in small-sided games.

EDSTART SHOW

- I can respect rules by avoiding footwork faults.
- I can encourage my partner during pivot practice.
- I can support teammates in keep-ball games.

Recap: To work on the footwork needed in netball

Lesson 3/6

To shoot the ball whilst under pressure

EDSTART KNOW

- I can explain how to stand and hold the ball when shooting.
- I can describe how to use my wrist and knees for power.
- I can understand the shooting rules in the circle.

EDSTART GO

- I can shoot using correct technique from different distances.
- I can attempt shots while a defender applies pressure.
- I can score in fast-paced team challenges.

EDSTART SHOW

- I can respect defenders and feeders during shooting games.
- I can celebrate teammates' success fairly.
- I can encourage others when they attempt shots.

Recap: To shoot the ball whilst under pressure

Lesson 4/6

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

EDSTART KNOW	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none">• I can explain the roles of High 5 netball positions.• I can describe the movement areas for each position.• I can understand the 4-second rule for passing/shooting.	<ul style="list-style-type: none">• I can play in all positions during matches.• I can rotate roles fairly throughout games.• I can apply positional play in 5v5 matches.	<ul style="list-style-type: none">• I can respect referees and teammates in matches.• I can encourage my group while learning positions.• I can support teammates when trying new roles.

Recap: To understand the roles of each player 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 tactics used in small games.
- I can describe how to move the ball quickly into attack.
- I can understand how to use depth and width to create space.

EDSTART GO

- I can combine dribbling, passing, and shooting in games.
- I can play High 5 netball with correct positions.
- I can apply tactics in 4v1 and Fastbreak activities.

EDSTART SHOW

- I can respect opponents and referees during games.
- I can encourage teammates when we practise tactics.
- I can play fairly whether I win or lose.

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 rules of High 5 netball.
- I can describe how rotation works in tournaments.
- I can understand tactics for success in competition.

EDSTART GO

- I can combine skills in tournament matches.
- I can rotate positions after each match.
- I can act as referee, timekeeper, or scorer.

EDSTART SHOW

- I can respect referees, scorers, and opponents.
- I can encourage my teammates throughout tournaments.
- I can show fairness whether I win or lose.