

What should I already know?

- A variety of skills to keep the ball.
- Increasing confidence with shooting.
- The difference between attacking and defending
- How to mark and defend your goal.

Gems of Knowledge

Procedural Knowledge -

- Apply attacking and defending skills to meet the needs of the game.
- Work effectively as a team,
- Mark, track and cover to gain/maintain possession.

Declarative Knowledge -

- Create short warm up routines that follow the basic principles e.g. raising body temperature, sooth joints and muscles.
- Recognise and evaluate performances providing constructive feedback. Understand how to improve in different physical activities and sport.



Vocabulary

FOCUS - Netball - Selecting and applying skills

<p>Possession - Having control of/taking the ball.</p>		<p>Evaluate - Consider the strengths and improvement points in your performance.</p>	
<p>Marking - Make it difficult for the other team to pass.</p>		<p>Tactics - Planned actions to achieve control.</p>	
<p>Tracking - Follow the position of your opponent.</p>		<p>Accuracy - Performing with control and precision.</p>	