

Key Vocabulary		
Pivot		To turn around on the spot using your free foot.
Signal		To call out or wave to your team mate to show them you are free.
Intercept		To stop a pass from the other team to one of their team-mates.
GS		Goal shooter – you are a shooter Allowed in the shooting and centre 3 rd .
GA		Goal attack – you are a shooter. Allowed in the shooting and centre 3 rd .
C		Centre – you support your team-mates. Allowed everywhere but both semi-circles.
GD		Goal defence – you defend the net Allowed in the defending and centre 3 rd .
GK		Goalkeeper – you defend the net Allowed in the defending and centre 3 rd .



Year 5 & 6 – Invaders & High 5 Netball

Techniques




When you land on two feet you can choose any foot to pivot on.

When you land on one foot first you cannot move this foot from this point.



What I need to know:	
Skills	
☐ I can apply the footwork rule into a modified game. ☐ I can use a range of passes appropriately in a modified game. ☐ I can use dodging to find a free space to receive a pass in a modified game. ☐ I can signal for a pass. ☐ I can apply defending skills into a modified game. ☐ I can shoot a ball into the netball post. ☐ I understand the rules of high 5 netball. ☐ I can take part in high 5 netball, playing a range of positions.	
Health and Fitness	
☐ I can explain some important safety principles when preparing for exercise. ☐ I can explain why exercise is important. ☐ I can choose appropriate warm-ups and cool downs.	
Evaluating and Improving	
☐ I can perform and evaluate my own and others' work. ☐ I can identify the key skills needed to provide accurate and tactful evaluative feedback to peers.	

