

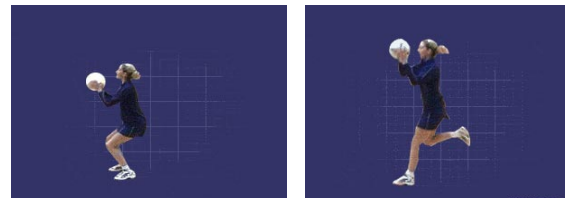
## Key Vocabulary

|           |   |  |
|-----------|---|--|
| 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<br>Allowed in the shooting and centre 3 <sup>rd</sup> .   |
| GA        |    | Goal attack – you are a shooter.<br>Allowed in the shooting and centre 3 <sup>rd</sup> .   |
| C         |    | Centre – you support your team-mates.<br>Allowed everywhere but both semi-circles.         |
| GD        |  | Goal defence – you defend the net<br>Allowed in the defending and centre 3 <sup>rd</sup> . |
| GK        |  | Goalkeeper – you defend the net<br>Allowed in the defending and centre 3 <sup>rd</sup> .   |



## 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.

