
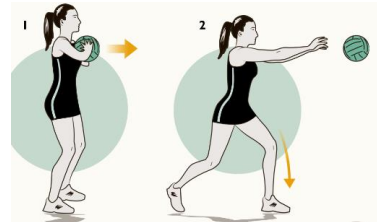


# Netball

## PE KNOWLEDGE ORGANISER



| Vocabulary    |  |  |
|---------------|--|--|
| Word          | Definition   | How do I do this?  |
| Chest pass    | also known as the flat pass, is transferring the ball from your chest height to another player.                          |    |
| Shoulder pass | one-handed netball pass for longer distances. It follows a straight line between your shoulder and the receiver's hands. |  |

**Key Skills**

**Physical:** throw, catch, change direction, change speed, shoot  
**Social:** communication, collaboration, support others  
**Emotional:** honesty and fair play, persevere, confidence  
**Thinking:** comprehension, decision making, recognition, identify, observe and provide feedback, select and apply

**Key Skills - Physical**

Travelling  
 Throwing  
 Running  
 Pivoting

**Links to the National Curriculum**

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### Inspiring Athlete

#### Peace Proscovia

A true inspiration and a great role model to the sport, Uganda captain Peace Proscovia, has inspired millions of netball fans across the world with her journey to the top. Peace grew up in the Arua District in north-west Uganda, where young girls were seen as a 'source of wealth' and often forced into marriage at an early age. One of Peace's sports teachers at school identified her as a very talented athlete and by the age of 16 Peace wanted to pursue a career in the sport. At eighteen years old, Peace moved over 800 miles to the capital Kampala, where she would play for a team sponsored by the National Insurance Corporation, in which Peace would also work for. At first, her father was very reluctant about the move, but Peace stood her ground, thinking it would pave the way for her family and the girls in the community. Her impressive performances on court caught the eye of the Uganda Christian University, who offered Peace a scholarship to play netball and study.

