



UNITED ARAB EMIRATES
MINISTRY OF EDUCATION



YEAR OF
ZAYED

PHYSICAL and HEALTH Education

Grade **6** Term **2**



Passing and receiving skills

In netball, there are different ways to throw and catch the ball. A team must learn these skills so that they can keep the ball.

Activity 1

Circle two key skills you need to catch a ball.

speed

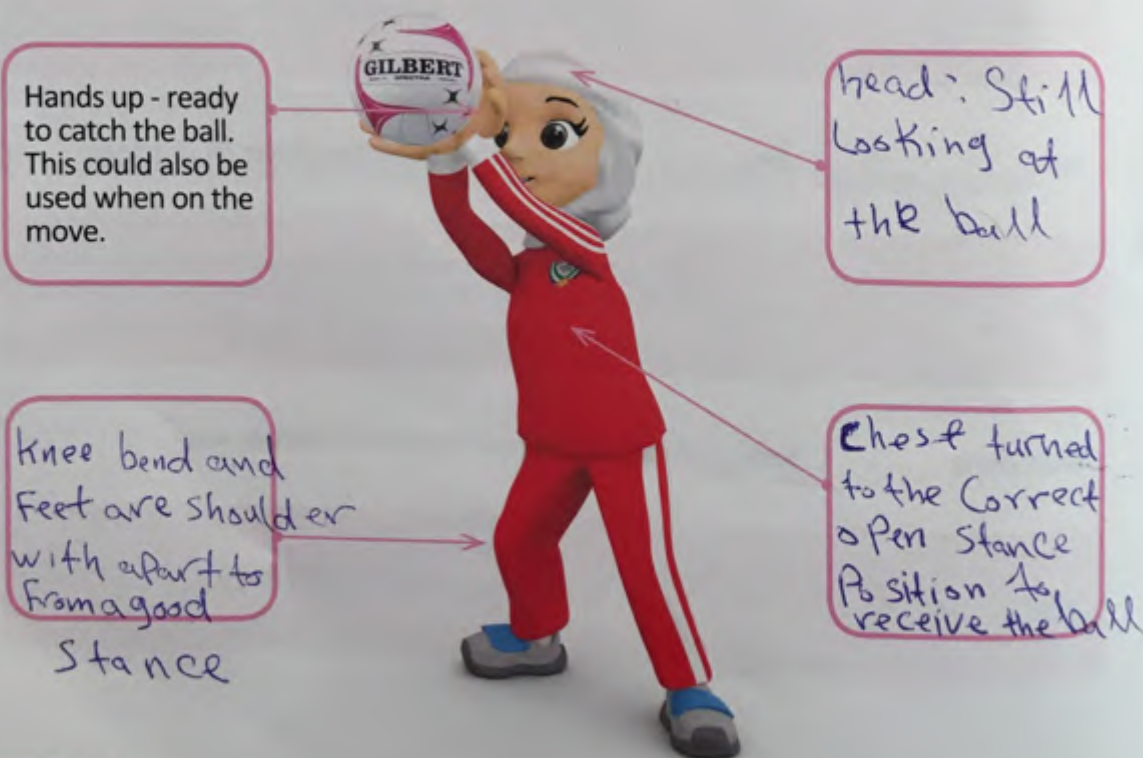
balance

strength

coordination

Activity 2

Look at the picture. Label the body parts. Write about how the different body parts are ready to catch the ball.





Activity 3

Why do you move after passing the ball to a teammate? Write two sentences.

1. TO CREATE SPACE
2. TO PROVIDE SUPPORT

When you pass a ball to a moving teammate, where should you throw the ball?
It is easier to catch a ball in front of you than from behind.

Activity 4

Look at the pictures of the different players below. They are all ready to catch a ball. Where do you think the ball should be thrown to? Draw a netball for each player. Position it so she can catch it easily. One has been done for you.

**Top
Tip**

At what height does the player want to catch the ball? How does this change the ball position?



Activity 5

When do you need to make each of these passes: chest pass, overhead pass and bounce pass? Discuss with a partner and write one sentence for each type of pass below.

CHEST PASS → SMALL DISTANCE

OVERHEAD → LONG DISTANCE

BOUNCE → TO AVOID DEFENDER

Footwork skills

In netball, you can only take one step when you are holding the ball. You must not take extra steps or fall over.



Activity 6

You need to make sure you don't overstep in netball. Circle the key skills that ensure this.

agility

muscular endurance

coordination

balance

strength

flexibility

See Elite Extension Task E1

Movement patterns

When you catch the ball, you need to move away from the defenders. You can do things to make it easier to catch the ball. For example, you can run into a space or fake the direction you are going in.

Activity 7

When would these tactics be useful in a netball match?

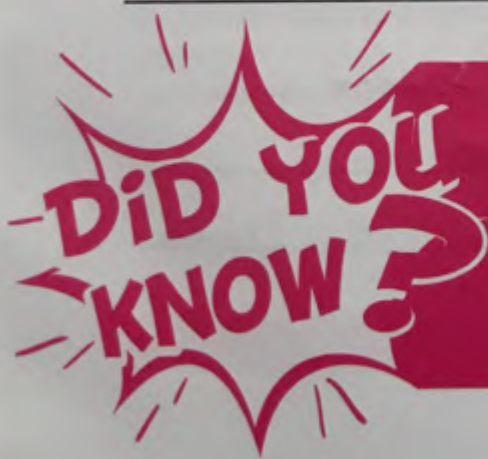
Running into a space:

TO CREATE SPACE AND SUPPORT FOR YOUR
TEAM

Faking the direction you will move to:

TO BEAT AN OPPONENT

There is a UAE netball association. They organise competitions for teams in the UAE.



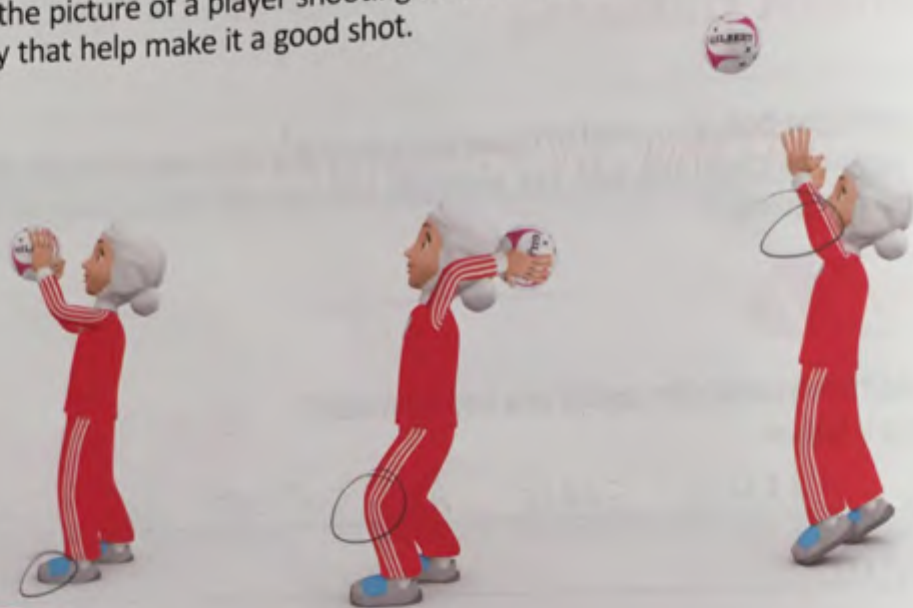
Shooting skills

In netball, only two players can shoot: Goal Shooter and Goal Attack. All shots must be made from inside the goal 'D'.

These players should have good shooting skills. This will help your team score more points. You should practice your shooting skills so that your team can win.

Activity 8

Look at the picture of a player shooting in netball. Discuss and then circle the parts of the body that help make it a good shot.



Top Tip

Think about where the power comes from. What also guides the ball in the right direction?

Activity 9

For each area you circle, name the body part. Now describe how it helps with shooting.

- ✓ FEET → SHOULDER WIDTH APART, CREATE STRONG BASE
- ✓ KNEES → BENT TO GIVE POWER TO SHOT
- ✓ ARMS/HANDS → FOLLOW THROUGH TO HELP ACCURACY + POWER

See Elite Extension Task E2



Attacking and defending

When you play netball, you need to think of ways to attack and defend.

Activity 10

Read the different forms of attack. Tick one box and describe how you would use that form of attack in a match. Write your answer in the box below.

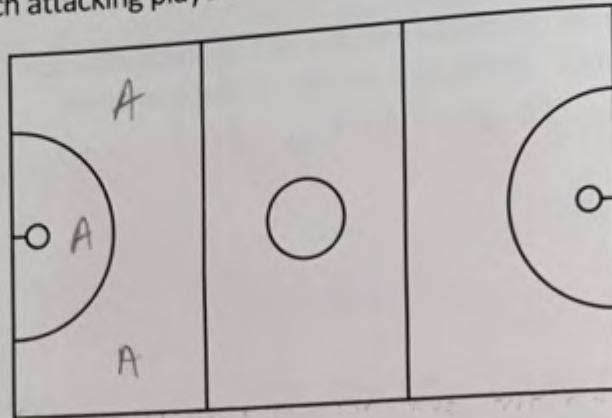
moves into an open space	
uses a variety of passes	✓
sprints and fakes direction to get into space	
stands still	

USING DIFFERENT PASSES MEANS I WILL
BE ABLE TO PASS TO DIFFERENT TEAM MATES IN
DIFFERENT POSITIONS WHEN ATTACKING.
IT ALSO MEANS MY TACTICS WILL BE LESS
PREDICTABLE TO MY OPPONENTS.

Tactics are important in netball. It is important that you attack as a team. Attacking as a team will help players get into and use space. If players use good tactics, they can force opponents to move out of position.

Activity 11

Look at the picture. Where would you position the players in attack? Try to think how you would force opponents out of position. Put your three attacking players in position. Draw an 'A' for each attacking player.

**Activity 12**

How will these positions move the defenders so that your team can score?

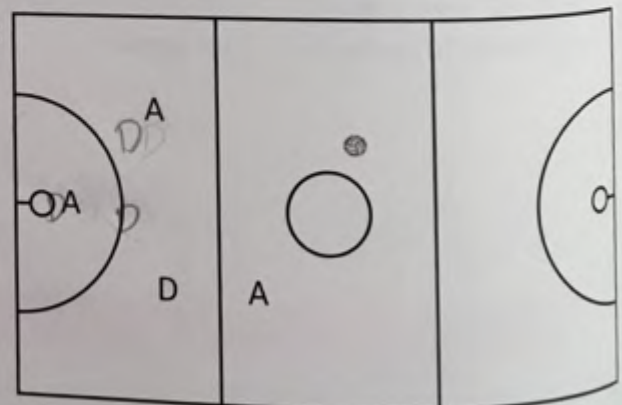
THE DEFENDERS WILL MOVE TO THE BALL AND THEN CREATE SPACE FOR THE OTHER PLAYERS TO ATTACK.

Defending tactics are important. They reduce the space available to the team in attack. When attackers have space, they can score goals. Defenders should be positioned close to the attackers. This will stop them from scoring goals.

Activity 13

Position three players to defend. You should reduce the space that the attackers could use.

Draw 3 defenders (D) on the court below:





Activity 14

How will these positions reduce the space for the attacking team?

THESE POSITIONS ARE GOAL SIDE, THEREFORE REDUCING THE SPACE BETWEEN THE ATTACKERS AND THE GOAL.

Sometimes a team may lose the ball in an attacking position. This means they will need to defend straight away.

Activity 15

When will a team have to change from attack to defend, quickly?

WHEN A TEAM LOOSES THE BALL IN AN ATTACKING POSITION, THEY WILL THEN HAVE TO DEFEND QUICKLY

See Elite Extension Task E3



The UAE Netball Association aims to develop participation for all ages and cultures within the UAE.



Elite Extension Tasks

Footwork skills

Activity E1

List the two key skills you circled. Then, define what they mean.

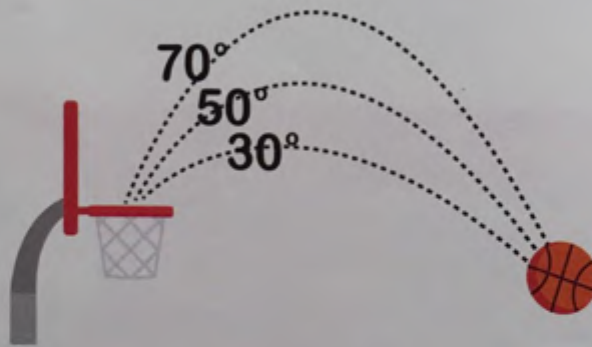
1. AGILITY - CHANGING DIRECTION AT SPEED

2. COORDINATION - ABILITY TO USE DIFFERENT PARTS OF THE BODY TOGETHER EFFICIENTLY

Shooting skills

Activity E2

Look at the image below. The ball is moving towards the basket at three different angles. Which angle would give you a better success rate and why?



70 - because the defender will not be able to intercept it

Activity E3

You and your team will try the tactics and positions you have written in your booklet. In the table, write the strategy you used. Then explain how well each one worked.

Attacking strategy	Defending strategy
SPRINT AND FAKE DIRECTION TO GET INTO SPACE ↓ CREATES MANY OPTIONS AND OPPORTUNITIES TO ATTACK, AS LOTS OF PLAYERS IN SPACE.	STAND GOALSIDE OF OPPONENT ↓ REDUCES ATTACKING SPACE BETWEEN THE OPPONENTS AND GOAL

