

SAFETY

Size of area should match players' ability.
Ensure players are aware of each others' movement/catching/throwing capabilities.



EQUIPMENT

1 ball per group.
Netball posts or other scoring targets.

Agility

Encourage the children to practise:

- change of pace to help them decide how to move quickly and how to stop with control
- twisting and turning to help them move into good positions
- responding to a signal to explore sudden change of pace.

Balance

Encourage the children to practise:

- different balanced positions for shooting
- balanced positions for sending and receiving
- staying balanced when twisting and turning and responding quickly
- passing and moving.

Co-ordination

Encourage the children to practise:

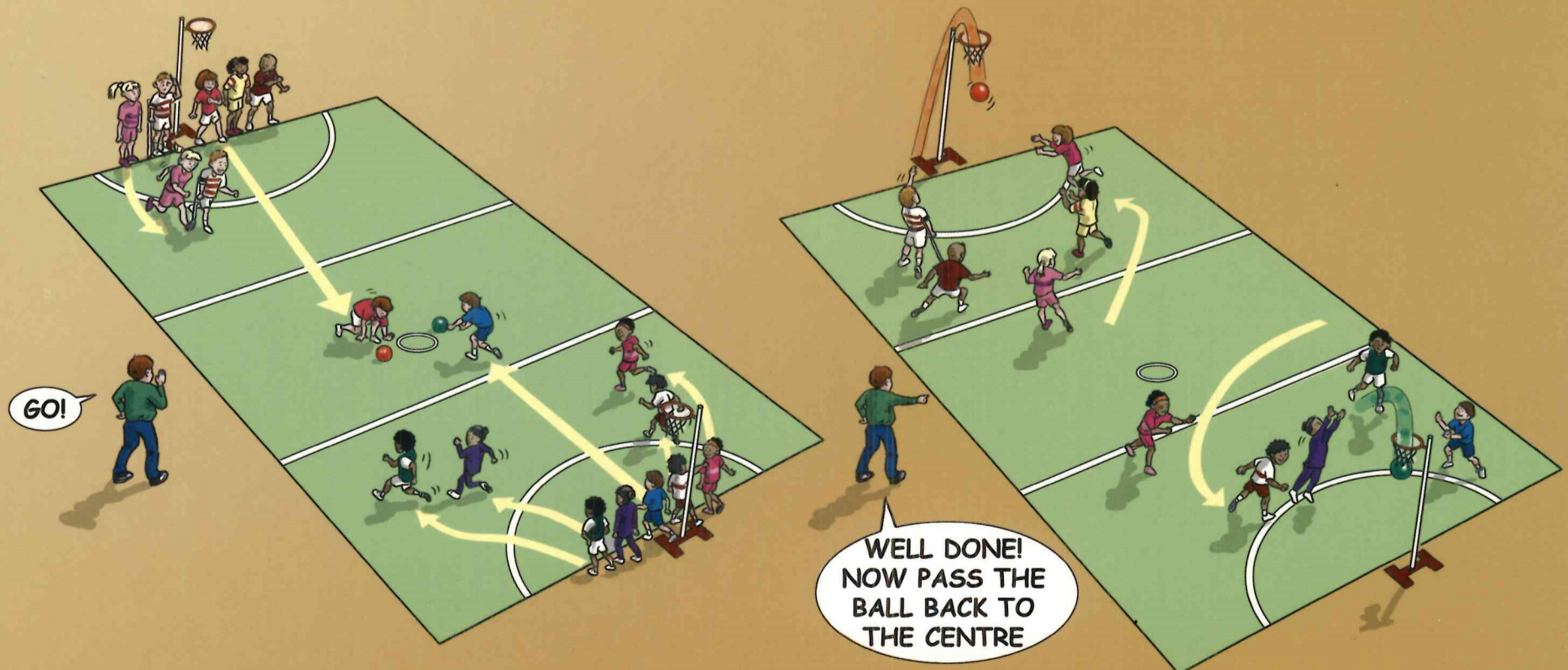
- shooting into different types of targets before using the netball posts
- passing and moving
- moving the ball as soon as it has been received
- movements to music and rhythms to establish movement patterns.

ABC LINKS



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CIRCLE PERMIT

- Teams of 5 players lined up at each end of court.
- On 'Go', one player from each team runs to collect their ball from the centre circle. Other team players can then spread out over their half of the court.
- First pass must be made in centre third of the court.
- Ball is passed to all team players and then a shot for goal is taken.
- Once a goal is scored, the team pass the ball back amongst themselves and place it back in the centre circle.
- The whole team must then run back to their starting positions.
- First team back scores 2 points.



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