



PE – Netball – Year 1/2

Key Learning

1. To know how to negotiate space.
2. To know how to catch using two hands.
3. To know how to change speed and direction.
4. To begin to know how to attack and defend.
5. To begin to know how to use simple tactics in a game.

Vocabulary

Goal	When the ball is thrown into the net by the Goal Shooter or Goal Attack. Each goal scores one point.
Pass	When you throw the ball to a teammate to help move it down the court.
Pivot	Keeping one foot still on the ground while you turn your body to find someone to pass the ball to.
Defend	Trying to stop the other team from passing or scoring by standing in front of them but not touching them.
Shoot	When a player tries to throw the ball into the net to score a goal.
Intercept	When you catch or knock the ball away before the other team can catch it.
Centre Pass	The way the game starts or restarts after a goal. The player in the centre circle passes the ball to start play.
Footwork	The rule that says you can't run with the ball. You must stop and only move one foot (pivoting).
Positions	Each player has a special job on the court, like shooting, defending, or passing.

Key Athletes



Tracey Neville

Tracey Neville MBE is a former England netball player and coach, renowned for leading England to their first Commonwealth Games gold in 2018.

Helen Housby

Helen Housby MBE is an English netball star, renowned for her last-second goal securing England's 2018 Commonwealth Games gold. She was named 2023 World Cup MVP.

