



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

PE: Year 4 Netball & Basketball

Types of Passes

Chest pass

Place both your hands on the side of the ball and hold in front of your chest. Push the ball from your chest with both arms, extending your arms as you release and step forwards.



Bounce pass

Place both hands each side of the ball with your fingers comfortably spread. Hold the ball at waist level or just above with your elbows tucked in and push forward to release. Extend your arms downwards. Aim to bounce the ball halfway between yourself and your partner.



Shoulder pass

Hold the ball at head height, slightly behind your head. Step in the direction of the pass and release the ball, following through by extending your arm.



Key Skills

Pass a netball and Basketball to a partner using different types and strengths of pass.

Show good control and spatial awareness when dribbling a ball around a court.

Understand tactics that will benefit my team to keep possession, attack and defend within game situations.

Know which parts of my performance I need to improve.

Equipment

Basketballs
Mini-basketball
Netballs
Cones
Hoops
Netball/basketball posts



Key Vocabulary

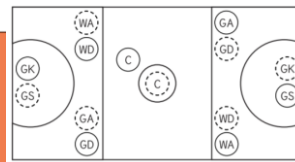
Pivot	When a player stands still and steps with one foot.	✓
Marking	To be close to a member of the opposition to stop them getting the ball.	
Send	To pass to someone on your team.	
Receive	Take possession of the ball from a teammate.	
Space	An area of the court where you are not next to your teammates or opponents.	
Chest pass	A pass from your chest to the receiver's chest using two hands.	
Shoulder pass	A one-handed pass for longer distances which follows a straight line between your shoulder and the receiver's hands.	
Bounce pass	Passing the ball by bouncing it on the ground to another player.	



Positions on the Court

Netball

GK = goalkeeper GD = goal defence WD = wing defence
WA = wing attack GA = goal attack GS = goal shooter C = centre



Basketball

PG = point guard
SG = shooting guard
SF = wing or small forward
C = centre

