



PE: Year 5

Netball & Basketball

Basic Rules

Netball

- A match consists of four quarters.
- Each team can have a maximum of 7 players and a minimum of 5.
- The court must be divided into 3 sections, with each player holding a specific position on the court.
- If a player moves into a position that they shouldn't be in, they will be deemed to be offside.
- Players cannot hold the ball for more than 3 seconds.
- Players cannot take more than 1.5 steps when in possession.
- The ball must go through the ringed hoop for the goal to be given.



Basketball

- The game is played with 2 teams.
- Each team consists of 5 players on the court at a time.
- The object of the game is to outscore your opponent by shooting the ball into your basket and preventing them from putting the ball into theirs.
- The ball can be advanced up the floor with the hands only, either by dribbling or passing to a teammate.



Key Skills

Use a variety of techniques in order to pass, control and move the ball, while moving within game situations.

Use different techniques to control, move and pass the ball.

Know and show a good understanding of the rules for Basketball and Netball.

Develop a broader range of techniques and skills for attacking and defending.

Know and understand the scoring system used for Basketball and Netball.

Equipment

Basketballs
Mini-basketball
Netballs
Cones
Hoops
Netball/basketball posts



Key Vocabulary

Court	The area netball and basketball is played on.
Intercept	The act of anticipating the pass made by an opposing player and regaining possession of the ball to set up an attack.
Backboard	The rectangular board the hoop is attached to in basketball.
Goal post	A pole with a ring attached that you throw the ball through to score goals in netball.
Alley-oop	When one player jumps and catches a pass from another player and simultaneously dunks the ball or shoots it in before landing in basketball.
Footwork	Where a player lands on either their left or right foot, or both feet, then pivots.
Stepping	An infringement where a player lifts their landing foot and then re-grounds it before throwing the ball in netball.
Travelling	When a ball carrier takes too many steps without dribbling the ball in basketball.

Important skills needed to play Netball & Basketball

Netball & Basketball are sports that require its players to be physically fit and healthy, with lots of stamina to play a game with lots of running.

Players will need:

Hand-eye coordination: This skill is super important for throwing and catching the ball, but also for shooting and scoring points.

A positive attitude: Even if the other team is winning, it's really important to stay determined and competitive in a game of netball or basketball. It's always good to encourage and communicate with your team mates.

Teamwork: Players need to trust each other and work together to win a game of netball or basketball.

