



Somerset Bridge Primary School  
Aspire - Brave - Care - Collaborate

# PE: Year 6

## Netball & Basketball

### Important Skills

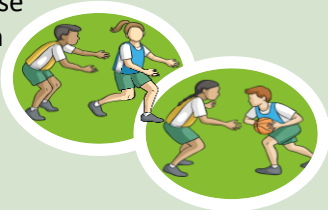
#### Pivoting

Pivoting involves keeping one foot on the floor, as an anchor, while the other foot moves in a circular pathway (360 degrees), allowing you to change direction.



#### Man-to-Man Marking

Each player from the defending team are allocated one opposition player and stay close to them to prevent them from receiving the ball.



#### Defensive Stance

You should adopt this position to put pressure on an opposition player when they have possession of the ball.



### Key Skills

Choose the correct technique and power needed to move, control and pass a ball within a game of Basketball and Netball.

Identify the correct positions in a game of Netball and basketball.

Use these tactics and strategies more consistently in similar games to benefit team performances.

Choose the correct technique to block and intercept a pass or shot during a game situation.

### Equipment

Basketballs  
Mini-basketball  
Netballs  
Cones  
Hoops  
Netball/basketball posts



### Key Vocabulary

Crossover	A skill in basketball that involves a player switching the ball rapidly from one hand to another.	✓
Man-to-man marking	This involves each player from the defending team being allocated one opposition player and staying close to them to prevent them from receiving the ball.	
Lob pass	Passing a high ball so that it goes over the arms of your defending player.	
Rebound	When a player from either team retrieves the ball and gains possession after a missed shot.	
Shadowing	Defending an opposing player from in front.	
Dodging	Moving in one direction and then placing the outside foot strongly on the ground and pushing off it in a different direction.	



#### History of Netball

Netball was first played in England in 1895 at Madame Ostenburg's College.

In the first half of the 20<sup>th</sup> Century, the popularity of Netball continued to grow, and it began to be played in many British Commonwealth countries.



#### History of Basketball

The origins of Basketball can be traced back to Dr James Naismith who, in 1891, created an indoor game for students.

The very first game did not have the equipment used today. A football was used and the baskets did not have a net.

