

**Key Components
of Fitness**

- Agility
- Speed
- Coordination
- Power
- Balance

NETBALL PATHWAY



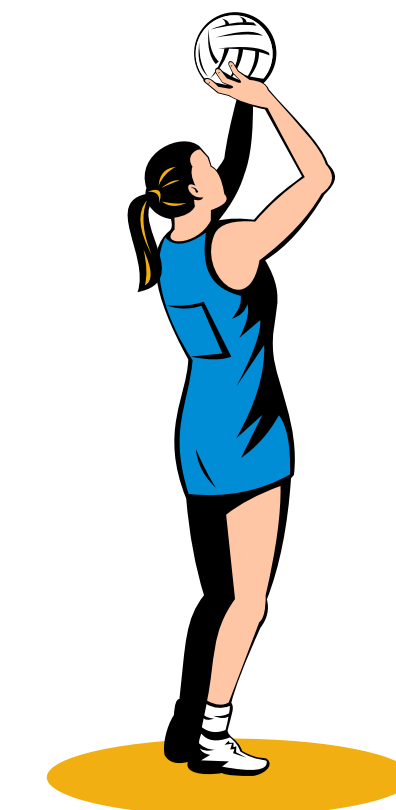
7

Introduction to Netball

- Introduction to footwork
- Defensive play; Man marking
- Introduction to 7 a-side game play
- STEP Assessment; Game play
- Attacking play; Dodging
- Developing footwork; passing on the move
- Introduction to Passing; Chest pass and shoulder pass
- Introduction to competitive situation; Endzone
- Introduction to shooting
- Rules in a game situation
- Developing chest and shoulder pass. Introduction to overhead pass

8

Engaging in Competitive Play



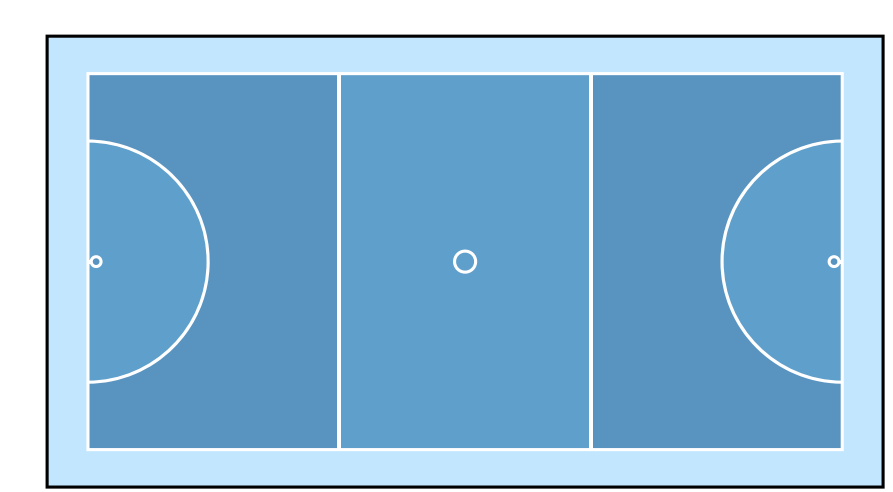
Developing skills and embedding knowledge

- Revisit shooting; Tactics for attacking play
- Game play; Conditioned games
- Introduction to zonal marking
- Playing out of position; Attacking/Defending
- Set plays; Goal lines and side line play
- Tactics in the D
- Introduction to set pieces at the centre pass
- Rule development; Introduction to umpiring
- Lifelong participation in sport: Playing, coaching, officiating, spectating
- STEP Assessment; Game Play
- Developing defensive play in the D; 'Unit work'
- Introduction to 'roll off' dodge
- Tactical passing in game situations
- STEP Assessment; Game Play

10

Playing Netball at a Club

- GCSE Moderation Skills
- Tournament play



11

Encouraging lifelong participation in sport

- Game play and officiating
- Attack vs. Defence
- Specific positional play/tactics
- Competitive Game Play; Officiating and Captaincy
- Consolidation of GCSE Drills
- Promoting participation in post-16 team sports
- Leave KS4 at The Cotswold School participating in an external club
- A healthy and active lifestyle

