

Year 6 Netball

In Autumn term the Y6 children had the opportunity to work with a netball coach to learn more about the game and to learn the correct techniques needed to be a successful player.

The session began with the children learning about what netball is and how the playing court is marked out. The children played some fun warm up games which helped them to develop their speed and to be aware of other players, which is important in team games.



The children then learned more about how to move correctly, which included which feet have to be grounded when making a pivot turn. The children played a further game to practise how to land after jumping. They also learned how to make a chest pass correctly both when being stationary and when moving.

The children were also taught how to shoot correctly and what position their body needs to be in. They practised using a backspin shot. To end the session, the children played a game to see which team could get the most balls into the net. The children had a great time and enjoyed learning lots of new skills and techniques.

