

Fit to perform	Fit to lead	Fit for life	Standard
<p>Able to use simple passes over short distances</p> <p>Perform correct footwork with limited success</p> <p>You know the court markings</p> <p>You can list 7 playing positions</p> <p>Recognise basic rules/footwork at throw ins</p> <p>Join in small sided games with limited success</p>	<p>Able to lead the aerobic phase of the warm up/ pulse raiser</p> <p>Shows cooperation with others</p>	<p>Know the 3 main muscles in the arm and leg</p> <p>Know warming up is important</p> <p>Know the benefits of exercise</p> <p>Know the immediate effects of exercise on the body</p> <p>Examples of good exercise</p> <p>Social benefits of exercise</p> <p>Look after equipment /safety rules for netball</p> <p>Know aerobic respiration requires O₂</p>	3
<p>Able to pivot in order to face direction of play</p> <p>Begin to anticipate and intercept passes with some success</p> <p>Understand the footwork and contact rule</p> <p>Able to create tactical strategies from the centre pass</p> <p>Able to play continually in full game</p> <p>Begin to use a variety of dodges, sprint, double, feint</p> <p>Able to pass accurately over a variety of distances using the correct pass</p>	<p>Able to lead the warm up and cool down</p> <p>Able to evaluate your own performance</p>	<p>Know the reasons why warming up and cooling down is important</p> <p>Prevention of injury in sport/correct equipment to be worn</p> <p>The 4 phases of the warm up</p> <p>Know a lack of fitness will result in skill break down</p> <p>How to record the pulse before and after exercise/heart beat</p> <p>How we calculate maximum heart rate</p> <p>Understand the best training methods for netball and why</p> <p>Know anaerobic respiration is without O₂ and where in netball it is used</p> <p>Understand the need for team work and etiquette</p>	4

		Understand where to find the abdominal muscles, trapezius, deltoids, latissimus dorsi, pectorals Understand muscles work in antagonistic pairs	
Perform dodges at the appropriate time Are in the correct position for rebound Increasing success at intercepting passes Recognise the need to use varying passes dependent on environment Increasing awareness of tactics and positional play, banding and rule of obstruction and free passes given. Contact off the ball Ability to link attack and defence successfully Mark the space and anticipate interception Apply turn in the air to their advantage WA at centre pass	Suggest ways to improve performance and begin to analyse others performance Ability to lead a full warm up talking through the muscles and bones being used, leading with enthusiasm and determination, encouraging others to succeed Begin to develop umpiring skills	Use correct terminology to explain what happens to the body when we exercise Know the names of 11 bones in the body and where they are and why they are important/functions of skeleton Know where local netball clubs	5
Ability to link team play together with increasing speed and accuracy Understand the need to block the opposition to combat an attack Ability to use a varying of plays to outwit opponents Use of the running step to keep the game flowing Play a variety of roles/positions	To demonstrate basic umpiring skills and show understanding of rules/using correct language as the umpire Ability to comment on team play and suggest how to outwit the opposition Show responsibilities as a team play	Know the components of fitness most appropriate to netball and for a healthy lifestyle Training methods/circuits/continuous/Fartlek Principles of training and how affect the above methods, particularly for netball	6

	Demonstrates the resilience to overcome setbacks	Types of movement/ flexion/extension	
Understands the tactics associated with the differing roles. Applies the skills with consistent determination and with advanced control, accuracy and fluency Ability to combat an attack immediately	Confidently undertakes the leadership and officiating roles showing a good knowledge and application of appropriate rules/laws and effective communication	Consistently meets the demands of fitness for netball in a full game Understands the need for safe and effective training to improve performance and health	7
Performs skills and applies tactics in netball which immediately and effectively influence the team's performance	Fulfil roles in their own time, supports the PE department in helping at practices/extra-curricular/ community sport	Implement and monitor activity programme for themselves ie: healthy lifestyle Participates at district/county level	8
Performs at an exceptional level	Attained qualifications in officiating	Participates county level and beyond	9