**Skills Assessment**

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| **Name** | **Passing**  **/4** | **Catching**  **/4** | **Shooting**  **/4** | **3 feet defence**    **/4** | **Footwork**  **/4** | **Total**  **/24** |
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**Games Assessment**

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| **Name** | **Passing in game situation**  **/4** | **Using Strategies**  **/4** | **Footwork**  **/4** | **Attacking skills**  **/4** | **Defence skills**  **/4** | **Footwork**  **/4** | **Total**  **/24** |
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# Assessment Criteria for Netball – Year 11 General Physical Education Studies

Skill: Passing

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| **1. SHOULDER PASS** | | |
| Preparation | Execution | Completion |
| * Body is balanced with a stable trunk * Opposite foot to throwing arm is forward * Feet are shoulder-width apart * Ball is held in two hands with fingers spread wide behind the ball | * Arms lead trunk in rotation towards the throwing side * Ball is transferred to one hand with arm back behind the shoulder * Elbow is away from the hip * Weight is transferred forward as throwing arm moves through * Hips and shoulders rotate towards the target * Lead foot steps forward towards the target | * Optimal angle of release with appropriate force transferred to ball * Arm follows through; wrists and fingers extend in direction of the target * Ball flight has a flat trajectory |
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| **2. CHEST PASS** | | |
| Preparation | Execution | Completion |
| * Body is balanced upright with a stable trunk * Front-on to the target * Ball is held with two hands at chest height * Fingers are spread around the ball, thumbs behind with elbows in | * Flexion of elbows to draw the ball towards the chest * Force is transferred by stepping toward the target transferring weight to front foot * Simultaneously pushing the ball with wrists and fingers * Ball is released evenly from both hands | * Optimal angle of release with force transferred to the ball with full arm extension and wrist flick * Arms follow through; wrists and fingers extend in direction of the target * Ball flight has flat trajectory |

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| **3. BOUNCE PASS** | | |
| Preparation | Execution | Completion |
| * Body is balanced with stable trunk * Feet are shoulder-width apart * Ball is held in both hands with fingers spread wide on the ball | * Flexion of elbows to draw ball towards the chest * Weight is transferred forward onto opposite foot * Low body position is maintained throughout the action * Front foot leads towards the target * Ball is transferred to one hand * Arm is extended so the ball is placed into the space 2/3 of the way to target | * Optimal angle of release with force transferred to the ball * Arm follows through; wrists and fingers extend in direction of the target * End height of the ball after bounce equal to knee height of the receiver |

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| **4. LOB PASS** | | |
| Preparation | Execution | Completion |
| * Body is balanced with a stable trunk * Opposite foot to throwing arm is forward * Feet are shoulder-width apart * Ball is held in two hands with fingers spread wide behind ball | * Ball is transferred to one hand with arm back behind the shoulder * Weight is transferred forward as throwing arm moves through * Hips, shoulders and leading foot rotate towards the target * Optimal angle of release to achieve accurate delivery of the pass Ball is released at its highest point | * Ball flight has parabolic trajectory * Arm follows through; wrists and fingers extend in direction of the target |
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Skill 2: Catching

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| **4. Catching** | | |  |  |  |
| **Description** | **0 Mark** | **1 Mark** | **2 marks** | **3 Marks** | **4 Marks** |
| * Brings ball to chest * Strong hands * 1 or 2 hands used | Doesn’t demonstrate any of the following   * Can’t catch the ball * Steps while catching | * Drops the ball most of the time * Often drops strong passes * Often steps * Often fumbles the ball | * Catches the ball most of the time * Can catch a strong pass * Steps only sometimes | * Catches the ball all of the time * Can catch a strong pass into space * Rarely steps when receiving the pass | * Consistently catches all passes * Consistently catches a strong pass into space * Never steps when receiving the pass |
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Skill 3: Shooting

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| **14. SPECIALIST SKILL: GOAL SHOOTING (not examined externally)** | | |
| Preparation | Execution | Completion |
| * Ball is held in one hand with fingers spread Ball sits on middle of fingers (**not** on the palm) * Other hand supports on the side of the ball * Arm is high * Feet are shoulder-width apart * Feet, hips and shoulders are square to post * Aim at the goal | * Knees are evenly flexed * Elbow is slightly flexed * Push up with the legs strongly to toes * Elbow towards the post * Arm extends and follow through is with wrist and fingers on release of the ball * Ball is released high | * Stable base is maintained * Arm is fully extended above the head on follow through |

Skill 4: 3 feet defence

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| **11. 3 FEET (0.9M) RECOVERY** | | |
| Preparation | Execution | Completion |
| * Adequate transfer of force in the opposite direction * Strong stride/jump back * Weight is balanced over two feet * Hips, knees and ankles are slightly flexed | * Arms are up and in a position appropriate to dictate desired direction of pass * Weight is balanced on the balls of the feet * Body leans forward from the hips * Eyes are up, tracking the ball and play | * Repositions quickly to defend attacker’s moves |
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Skill 5: Footwork

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| **5. TWO-FOOT LAND** | | |
| Preparation | Execution | Completion |
| * Strong lead to the ball * Body is balanced upright with a stable trunk * Shoulders are square and chin is up * Arms are extended towards the ball | * Impact on landing is even between both feet * Hips, knees and ankles are flexed * Land with a wide stance * Body weight is transferred over both feet with shoulders even * Ball is received in front of the body so player runs onto the ball * Fingers are spread with thumbs behind the ball, forming a ‘W’ with index fingers * Ball is brought into the body to absorb impact | * Balance is maintained to prevent illegal movements * Target for next pass is anticipated |

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| **13. OUTSIDE-FOOT LAND AND PIVOT** | | |
| Preparation | Execution | Completion |
| * Body is upright and trunk is stable * Knees are slightly flexed * Lead on 45° angle * Leading leg and arms extend towards the ball * Eyes focus on the thrower | * Land on ball of foot of outside leg Impact is taken through outside foot * Flexion through the knee, hip and ankle * Follow with landing of second foot quickly to absorb remainder of forces of landing * The attacker is to drive onto the ball which is thrown/placed into space * Fingers are spread with thumbs behind ball, forming a ‘W’ with index fingers * Allow force in the ball to assist in taking body around in turn * Pivot on ball of the outside foot * Strong through the trunk | * Balance is maintained to prevent illegal movements * Target for next pass is anticipated |