

**Prior Learning:** In Year KS1, children were introduced to invasion games. They learned some basic attacking and defending skills. They also moved a ball with a tennis racket and a throw down strip - these skills can be easily transferred to quicksticks.

## Physical Me

- Passing    Agility
- Running    Balance
- Speed    Co-ordination
- Strength
- Reaction

## Key Skills

**Value Me**  
- Teamwork

- Thinking Me**
- Select and apply my skills
  - Evaluate performance

- Social Me**
- Communication
  - Encourage
  - Collaboration



## Key Knowledge

Flat side of the stick - refer to this as the **STRONG** side, when the stick is inverted it's called **REVERSE** - you must use the flat side to pass, dribble or score

### Quicksticks pitch:

The field of play is rectangular, and based on the size of a standard netball court. Areas referred to as 'shooting areas' can either be based on lines already in place (e.g the shooting circles on a netball court), or can be marked out using temporary markers (such as throw down markers).



## Quicksticks Rules:

### Start of Game:

One team is given a centre pass

### Restart the game:

Centre pass is taken by the team who has not scored

A free pass (the ball must be taken from where the offence took place)

If a ball crosses the sideline, a push-in is taken by the team that did not touch the ball last.

- You can pass or dribble onto the court from a sideline

### FREE PASS to the other team:

- If a ball crosses the back line, off an attacker, a free push is taken by the defending team from the top of the shooting circle/area

- If a ball crosses the back line off a defender: the free pass shall be taken by the attacking team from the corner

- If a stick is raised above waist/knee height
- The rounded side of the hockey stick is used
- If you obstruct attacking players with the body
- Contact with another player
- Intentionally uses any part of their body to play the ball

## Key Vocabulary

Control

Passing

Dribble

Tackle

Push Pass

Sideline

Communication

Free Pass

Rules