**Netball Invasion**

**Student worksheet**
**Self Assessment form for skills to play netball**

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| Criteria for assessment | Assessment scale at lesson two of the unit1—2—3—4—5 | Level of skill you would like to achieve by the end of this unit1—2—3—4—5 | What do you need to do to achieve these levels of skill? | Assessment scale at the end of the unit 1—2—3—4—5 |
| Physical skills |  |  |  |  |
| Passing/catching |  |  |  |  |
| Footwork |  |  |  |  |
| Shooting |  |  |  |  |
| Tactical skills |  |  |  |  |
| Getting free from a defender |  |  |  |  |
| Defending a player who has the ball |  |  |  |  |
| Defending a player who doesn’t have the ball |  |  |  |  |
| Reading the game – being in the right place. |  |  |  |  |
| Social skills |  |  |  |  |
| Communicate effectively with team mates |  |  |  |  |
| Demonstrate care towards others |  |  |  |  |
| Able to be both a leader and a follower at the right times |  |  |  |  |
| Emotional skills |  |  |  |  |
| Being positive when winning and losing |  |  |  |  |
| Able to keep my cool during netball games |  |  |  |  |