

Calling all teachers, coaches, parents and young leaders - if you want to learn more about High 5, the skills involved and how to get it up and running in your school or club, then this is the course for you! We will give you some great practical ideas and resources to take away from the course - so what's stopping you?

High 5 is the fun, exciting way for U11s to get involved in netball. Lots of schools and clubs take part and have seen their young players become more confident, outgoing individuals through this engaging form of the game. High 5 involves rotating positions and a variety of leadership roles to encourage maximum participation and skill development.

This three-hour practical workshop is accompanied by a DVD covering all you need to know about passing and moving, footwork and shooting. You will be provided with handy skills cards to use during the sessions, High 5 rotation sheets, a centre pass marker and scorecards, and a rulebook to help you and your players become more familiar with the game.

Visit
www.EnglandNetball.co.uk/my-game/High_5
for more information.

GET YOUR MEMBERS DISCOUNT ON THIS COURSE

Are you a member of England Netball? If you or your school are a member you can get a discount on this course. Don't worry if you are not, did you know primary school membership is FREE? Sign up now and you will be entitled to this discount.



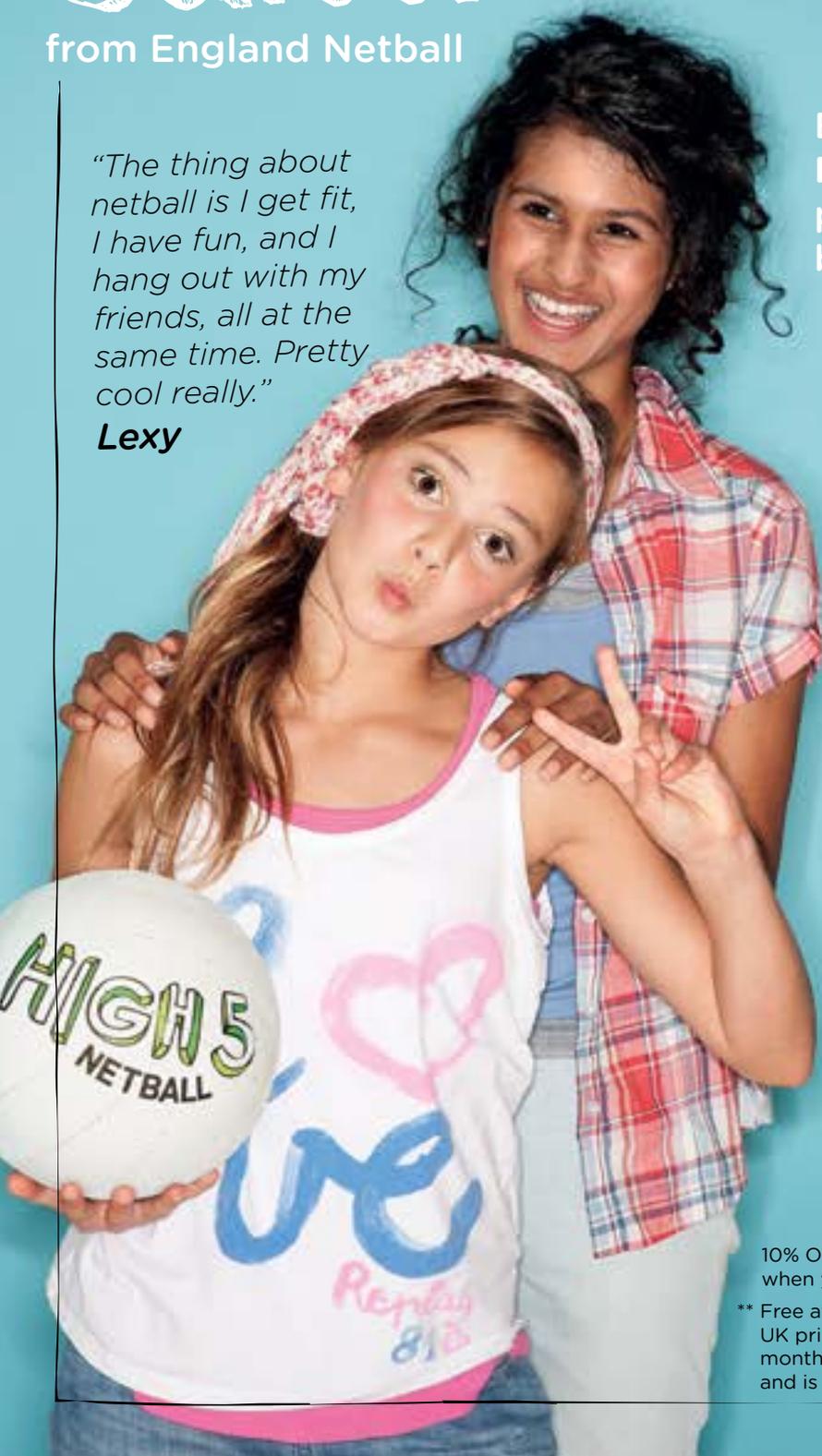
MyName

Totally Free Membership For Your School

from England Netball

"The thing about netball is I get fit, I have fun, and I hang out with my friends, all at the same time. Pretty cool really."

Lexy



"I've learnt so much since I started playing in Year 3: skills, commitment, how to win, how to lose, how to be part of a team and sportsmanship."

Avni

England Netball is offering **FREE membership** to all primary schools who want to be involved in High 5 Netball

Join in the High 5 Netball fun at your school and enjoy the benefits of membership to the sport's governing body - you will be able to access free online resources, termly primary school Enewsletters, digimags and a host of special offers.**

High 5 is the fun, exciting way for 9-11 year olds to get involved in netball. High 5 involves rotating positions and leadership roles to encourage maximum participation and skill development. The game aligns with Key Stage 2 requirements helping to develop physical, social and tactical competencies through High 5 Netball.

10% OFF at the I Heart Netball Store online when you enter this code: **ENSCHOOLS10**

** Free affiliation is available to any UK primary school for the first 12 months, this offer may be extended and is subject to annual review.

