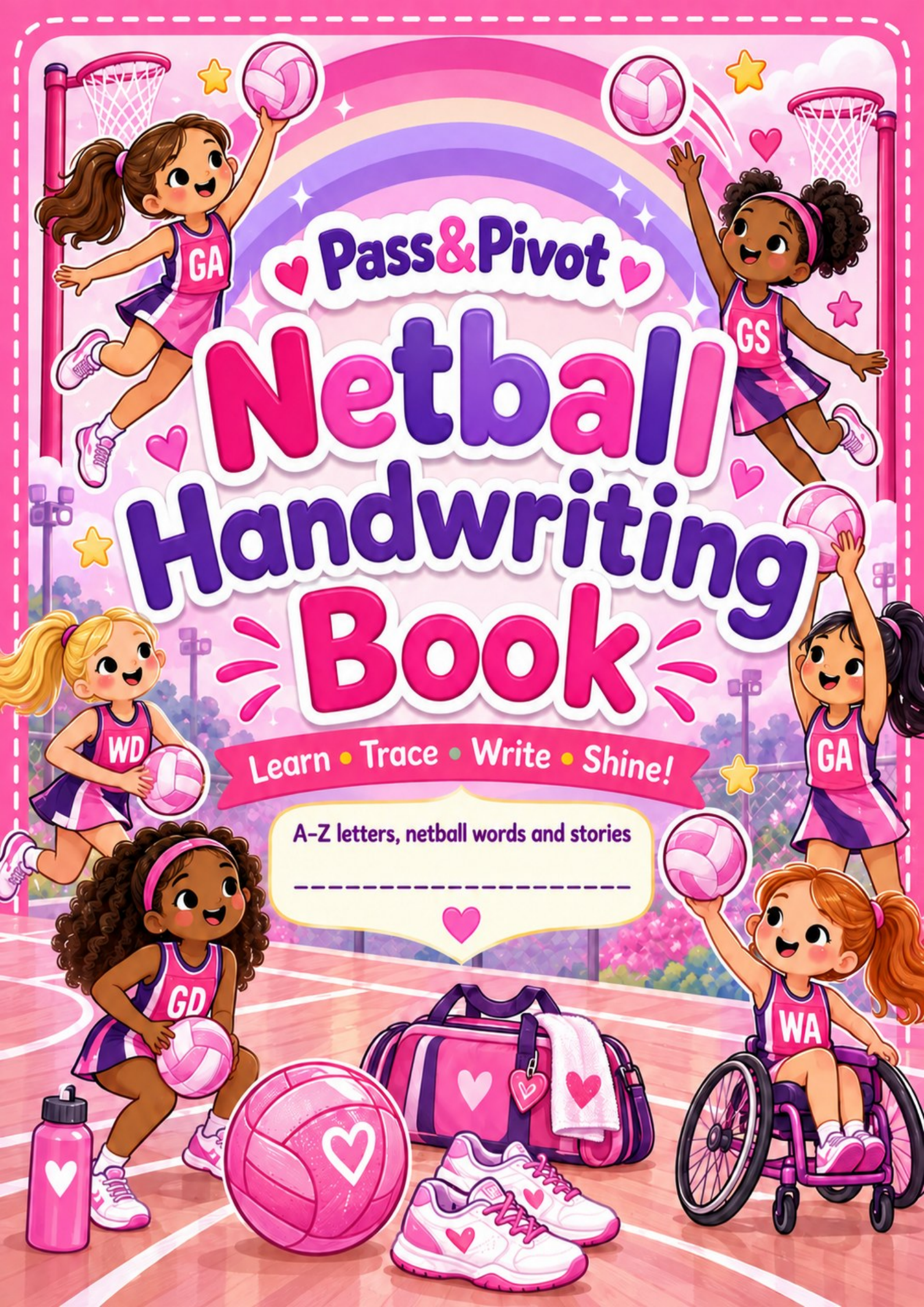




♥ Pass&Pivot ♥

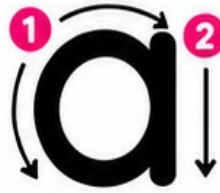
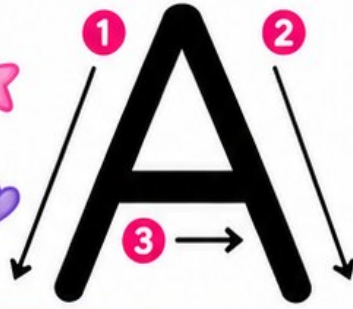
Netball Handwriting Book

Learn • Trace • Write • Shine!

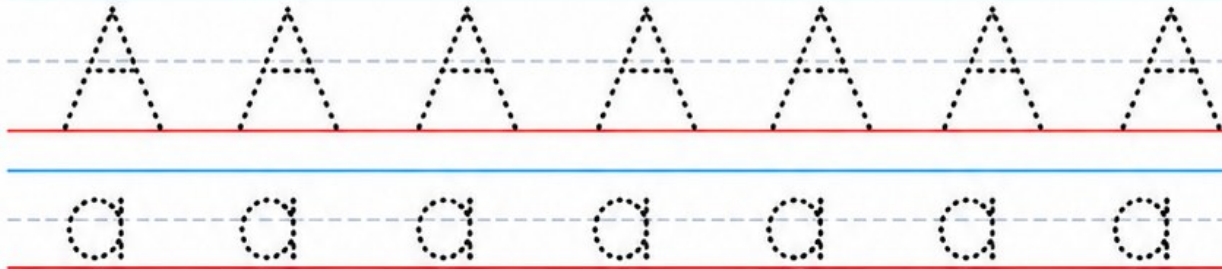
A-Z letters, netball words and stories

Aa

A is for aim



1 Trace the letters.



2 Write the letters on your own.

A

a

3 Practice the words.



aim

aim



arms

arms



ankle

ankle

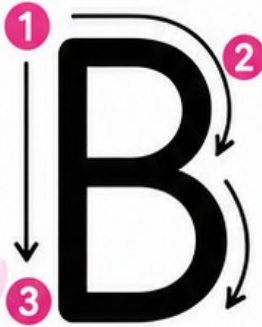
4 Trace the sentence. Then write it on your own.

I aim at the net.

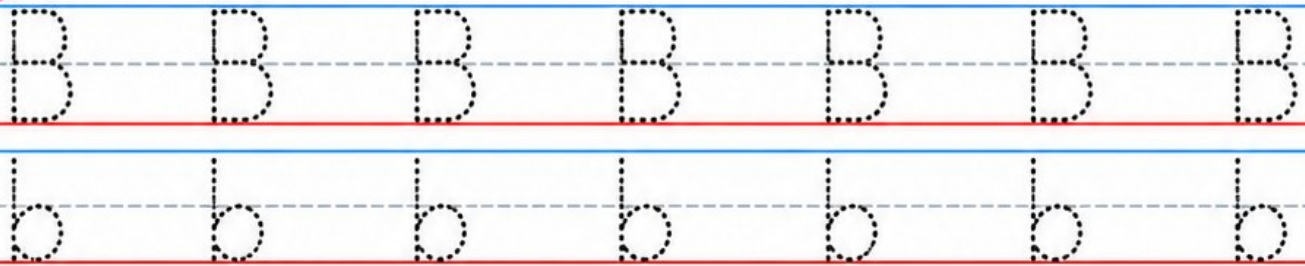


Bb

B is for ball!



1 Trace the letters.



2 Write the letters on your own.

B

b

3 Practise the words.



ball

ball



bib

bib



bounce

bounce

4 Trace the sentence.

The ball is pink.

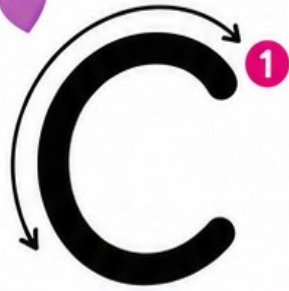


5 Write your own sentence.



Cc

C is for catch!



1 Trace the letters.



2 Write the letters on your own.

C

c

3 Say the words. Then trace them.



catch

catch



court

court



coach

coach

4 Trace the sentence.



I catch the ball.

5 Write the sentence on your own.

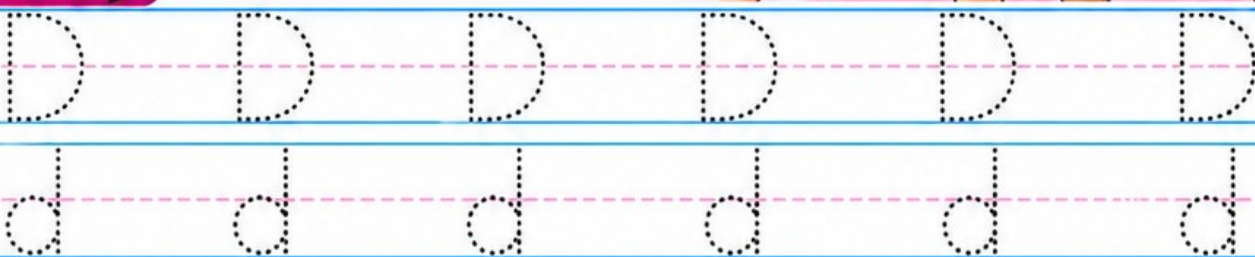


D is for defend!



Say the words.
Then trace them.

1 Trace it!



2 Write it!

D

d

3 Read and say the words.



defend

defend



dress

dress



dodge

dodge

4 Trace the sentence.

We defend the goal.

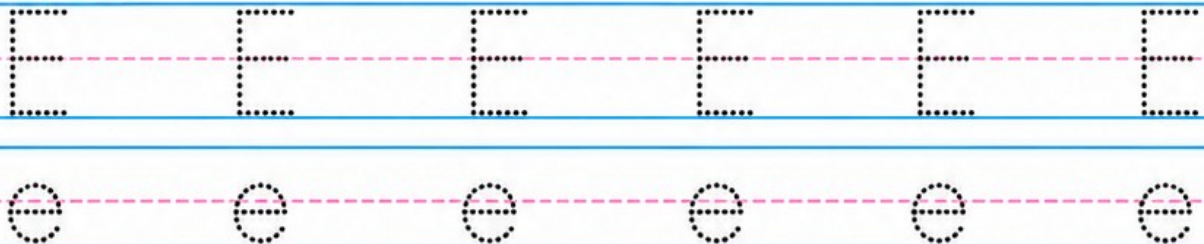
5 Write the sentence.



E is for effort!



1 Trace it!



2 Write it!

E
e

3 Read and say the words.

effort



effort

energy



energy

exercise



exercise

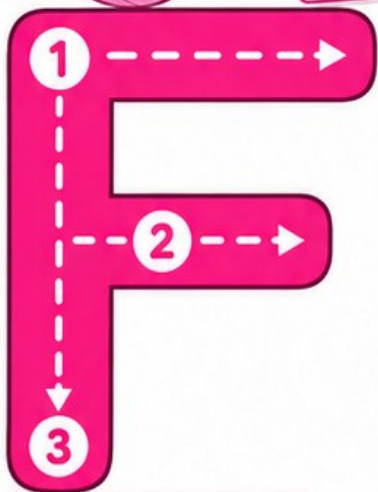
4 Trace the sentence.

I try my best.

5 Write the sentence.

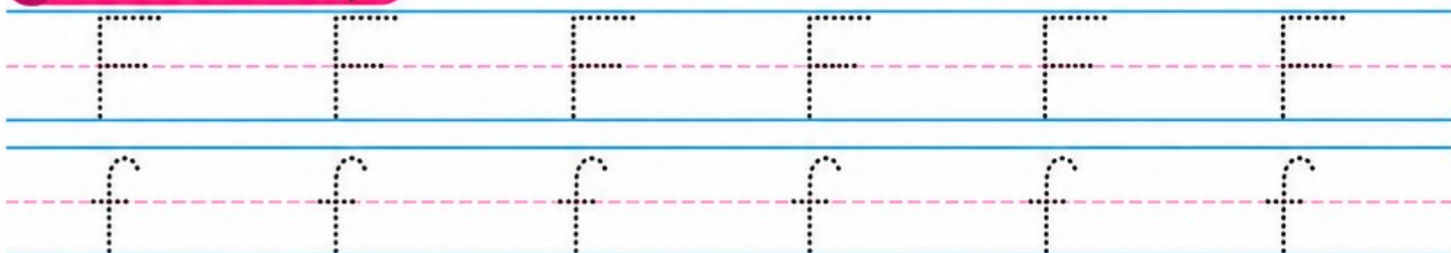


F is for foot!

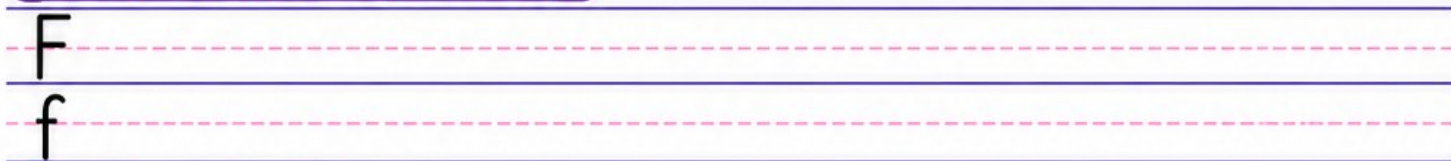


Say the words.
Then trace them.

1 Trace the letters.



2 Write the letters on your own.



3 Practise the words.

foot



foot

friend



friend

fitness



fitness

4 Trace the sentence.

I land on one foot.

5 Free writing.





G is for **goal!**



Say the words.
Then trace them.



1 Trace it!



2 Write it!

G

g

3 Read and say the words.

goal



goal

game



game

grip



grip

4 Trace the sentence.

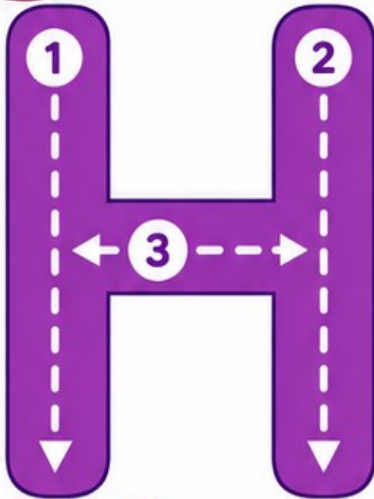
I aim for the goal.

5 Write the sentence.





H is for hands!



Say the words.
Then trace them.

1 Trace it!



2 Write it!

H

h

3 Practise the words!

hands



hands

hoop



hoop

high



high

4 Trace the sentence.

My hands catch the ball.

5 Write the sentence.



I is for in!



Say the words.
Then trace them.

1 Trace it!



2 Write it!



3 Read and say the words.

in



in.

indoor



indoor

improve



improve

4 Trace the sentence.

The ball goes in.

5 Write the sentence.



J is for jump!



1 Trace it!

J J J J J J

j j j j j j

2 Write it!

J

j

3 Read and say the words.

jump



jump

jog



jog

join



join

4 Trace the sentence.

I jump to catch it.

5 Write the sentence.



K is for kit!



Say the words.
Then trace them.

1 Trace it!



2 Write it!

K
k

3 Read and say the words.

kit



kit

knees



knees

keep



keep

4 Trace the sentence.

My kit is in my bag.

5 Write the sentence.

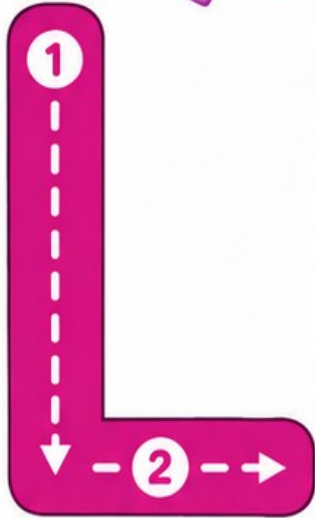


L is for land!



Say the words.
Then trace them.

1 Trace it!



Tracing practice lines for uppercase L and lowercase l.

2 Write it!

Handwriting practice lines for uppercase L and lowercase l.

3 Read and say the words.

land

land

line

line

leap

leap

4 Trace the sentence.

I land with care.

5 Write the sentence.

Blank lines for writing the sentence.

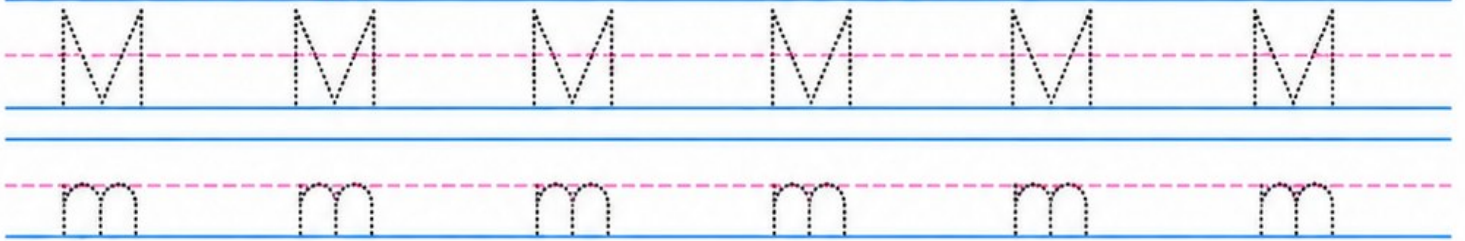


M is for match!



Say the words.
Then trace them.

1 Trace the letters.



2 Write the letters on your own.

M

m

3 Practise the words.

match



match

move



move

medal



medal

4 Trace the sentence.

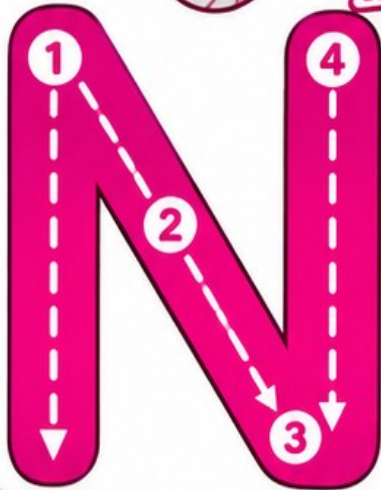
We play a match.

5 Free writing.



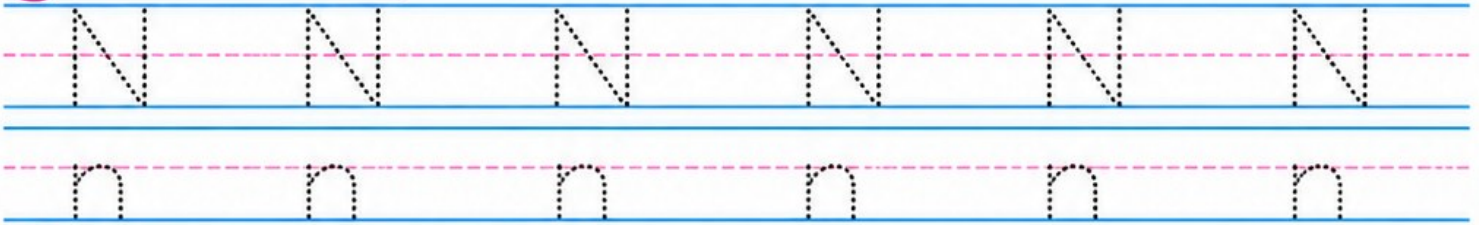


N is for **net!**



Say the words.
Then trace them.

1 Trace the letters.



2 Write the letters on your own.



3 Practise the words.

netball



netball

net



net

new



new

4 Trace the sentence.

The ball goes in the net.

5 Write the sentence on your own.

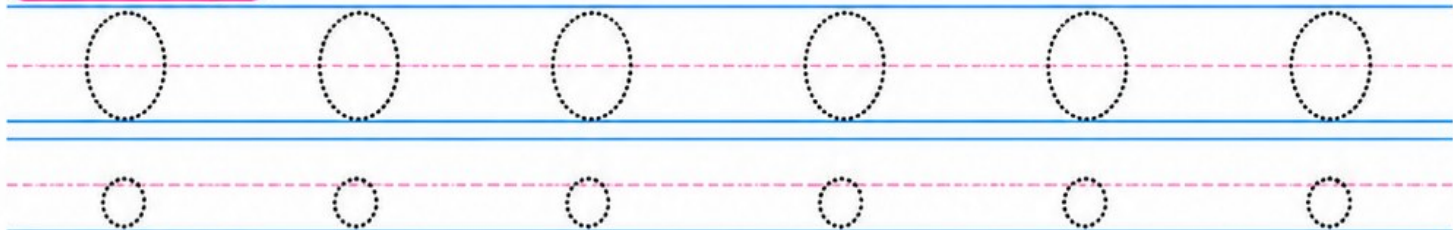


O is for outdoor!



Say the words.
Then trace them.

1 Trace it!



2 Write it!

O

O

3 Read and say the words.

outdoor



outdoor

open



open

over



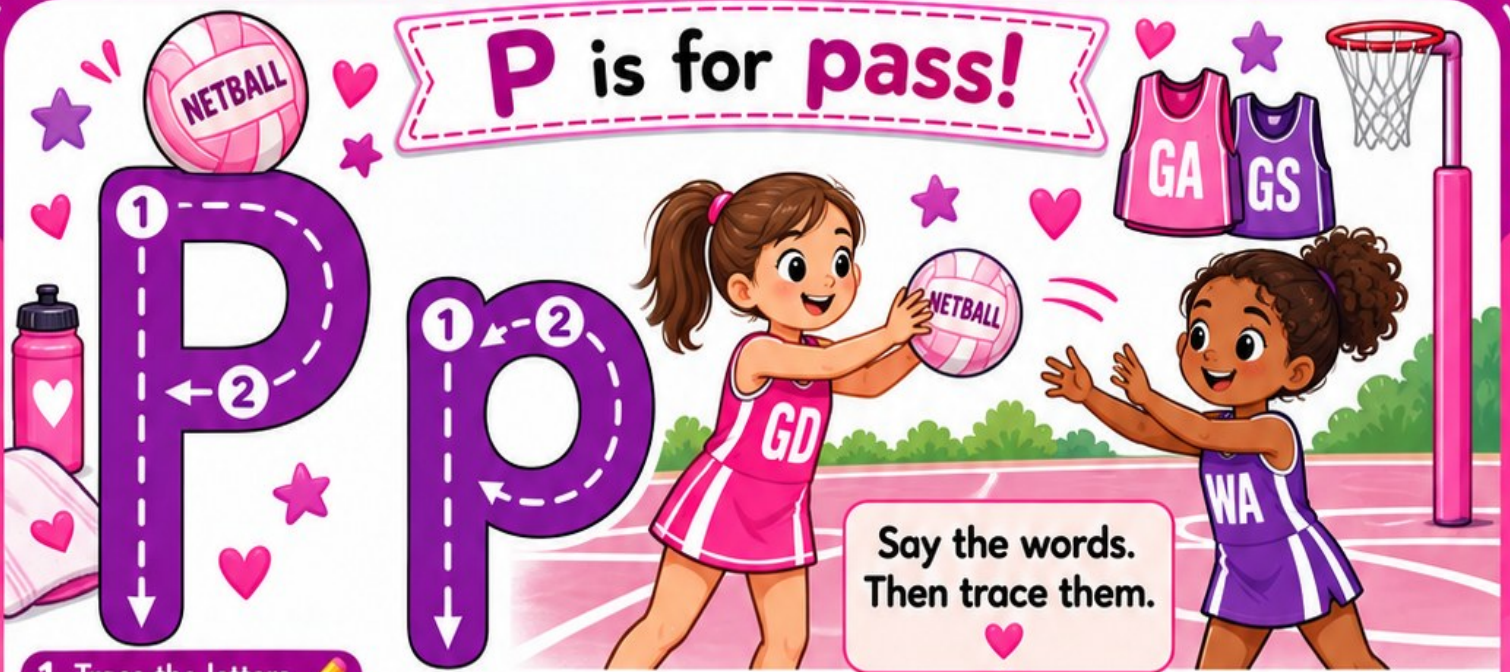
over

4 Trace the sentence.

We play outdoors.

5 Write the sentence.





1 Trace the letters.

Tracing practice lines for uppercase 'P' and lowercase 'p'.

P P P P P P

p p p p p p

2 Write the letters on your own.

Blank lines for independent letter writing.

P

p

3 Practise the words.

pass

pass

pivot

pivot

player

player

4 Trace the sentence.

I pass to my friend.

5 Free writing.

Blank lines for free writing practice.

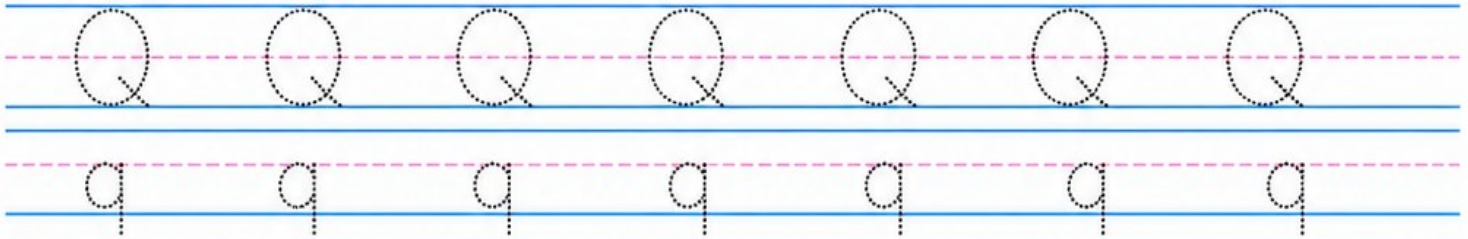


Q is for **quick!**



Say the words.
Then trace them.

1 Trace the letters.



2 Write the letters on your own.

Q

q

3 Practise the words.

quick



quick

quiet



quiet

queue



queue

4 Trace the sentence.

I am quick to react.

5 Write the sentence on your own.



R is for ring!



Say the words.
Then trace them.

1 Trace it!

R R R R R R R
r r r r r r r

2 Write it!

R
r

3 Read and say the words.

ring



ring

run



run

ready



ready

4 Trace the sentence.

I am ready to play.

5 Write the sentence.

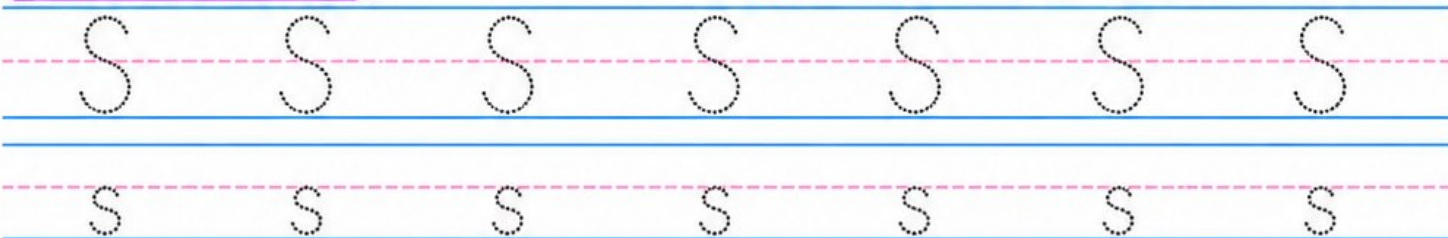


S is for shoot!

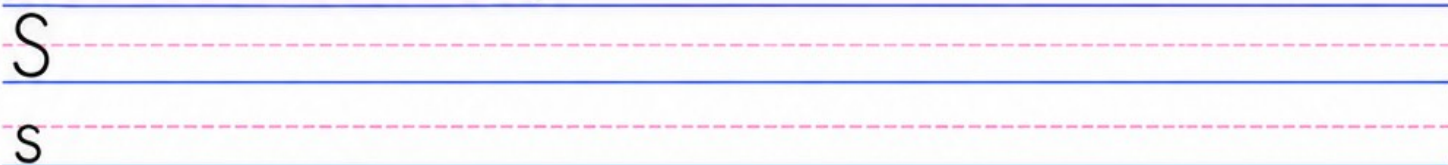


Say the words.
Then trace them.

1 Trace the letters!



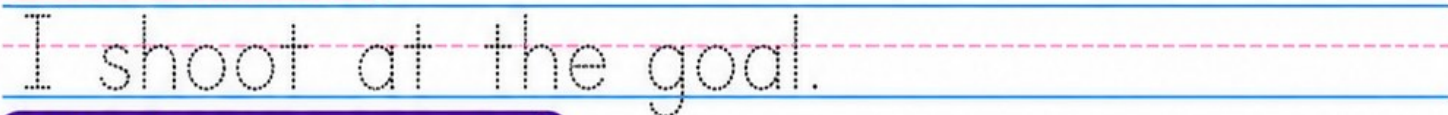
2 Write the letters on your own!



3 Practise the words!



4 Trace the sentence!



5 Write the sentence on your own!

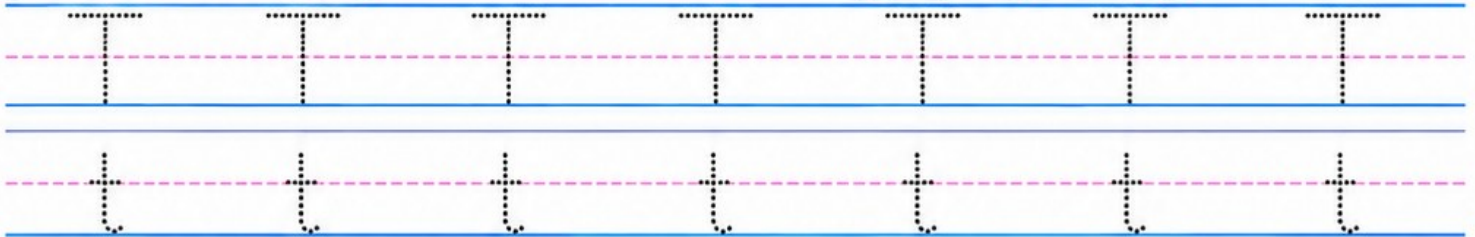


T is for team!



Say the words.
Then **trace** them.

1 Trace the letters!



2 Write the letters on your own!

T
t

3 Practise the words!

team



team

trainers



trainers

throw



throw

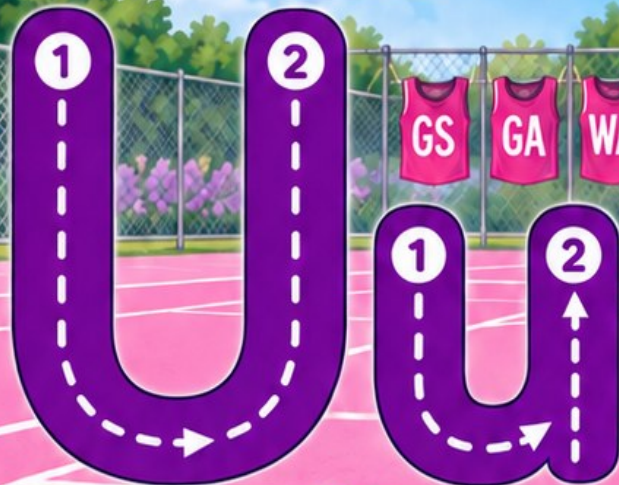
4 Trace the sentence!

We play as a team.

5 Write the sentence on your own!

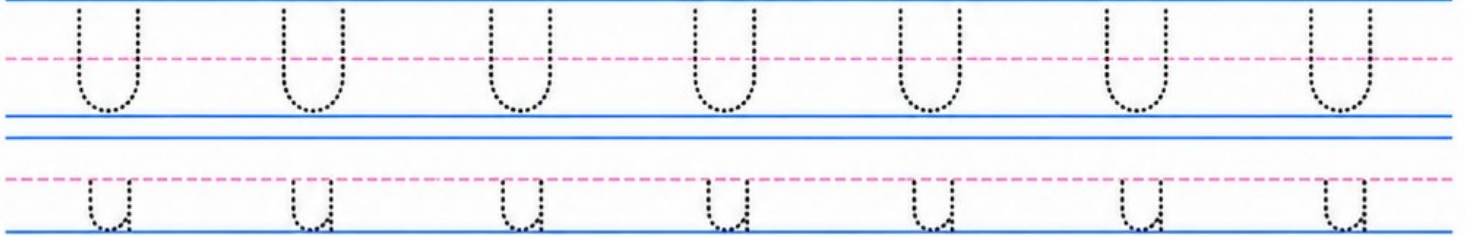


U is for umpire!



Say the words.
Then **trace** them.

1 Trace the letters.



2 Write the letters on your own.

U

u

3 Say the words. Then trace them.

umpire



umpire

up



up

uniform

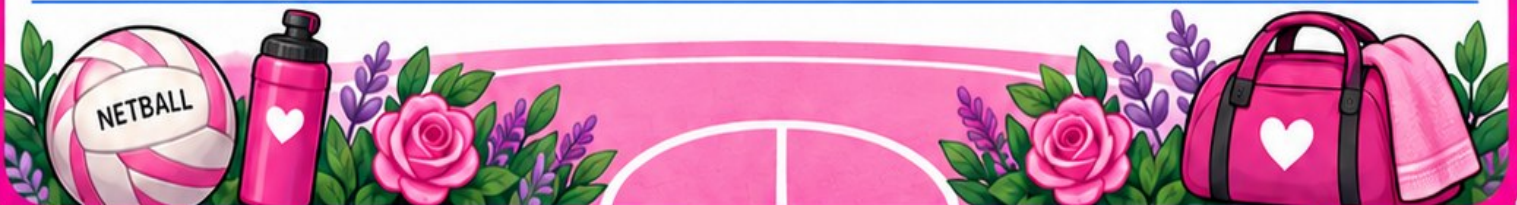


uniform

4 Trace the sentence.

The umpire has a whistle.

5 Write your own sentence.



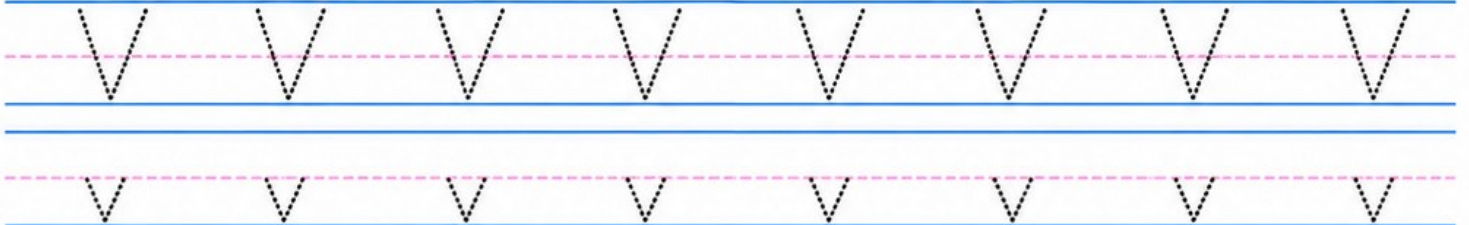


V is for vest!

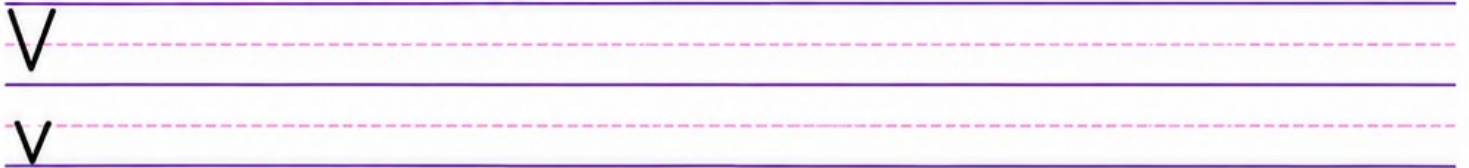


Say the words.
Then trace them.

1 Trace the letters.



2 Write the letters on your own.



3 Practise the words.

vest



vest.

voice



voice

victory



victory

4 Trace the sentence.

I wear a pink vest.

5 Free writing.





W is for Whistle!



Say the words.
Then trace them.



1 Trace the letters.



2 Write the letters on your own.

W

w

3 Practise the words.

whistle



whistle

water



water

warm



warm

4 Trace the sentence.

I fill my water bottle.

5 Write the sentence on your own.



X is in box!



Say the words.
Then trace them.

1 Trace the letters!



2 Write the letters on your own!

X

x

3 Practise the words!

box



box

six



six

relax



relax

4 Trace the sentence!

Six bibs are in the box.

5 Write the sentence on your own!



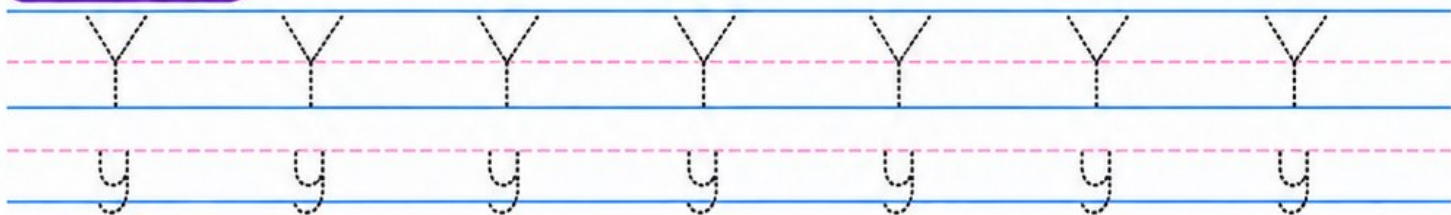
Y is for **yes!**



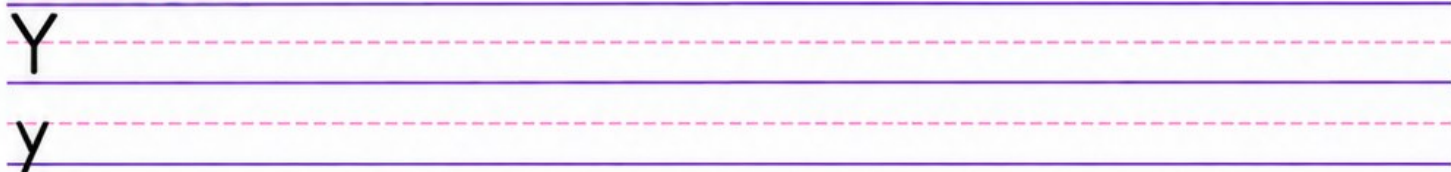
TEAMWORK

Say the words.
Then trace them.

1 Trace it!



2 Write it!



3 Read and say the words.

yes



yes

yellow



yellow

young



young

4 Trace the sentence.

Yes, I can try again.

5 Write the sentence.



Z is for zip!



Say the words.
Then trace them.

1 Trace the letters!

Z Z Z Z Z Z Z

z z z z z z z

2 Write the letters on your own!

Z

z

3 Say the words. Then trace them.

zip



zip

zigzag



zigzag

zoom



zoom

4 Trace the sentence.

I zip up my kit bag.

5 Free writing!



STORY SENTENCE STARTERS

Start your netball story with these sentence ideas. Keep going in your own way!

BEGINNING

- One sunny day ...
- At my first match ...
- I packed my kit ...
- On the pink court ...
- Our coach smiled ...
- We warmed up together ...



MIDDLE

- Then I noticed ...
- Suddenly, the ball ...
- My teammate called ...
- I took a deep breath ...
- The whistle blew ...
- My new friend said ...



END

- At last we ...
- Back at home ...
- I will always remember ...
- Our team cheered ...
- Tomorrow I will ...
- I waved goodbye to ...





STORY PROMPTS!



Suddenly our team found ...



A pink ball bounced away ...



The court lights shone ...



Who was our new teammate?



We found a mystery kit bag ...



A young player needed help ...



A note held a secret plan ...



Something funny happened ...



Oh no! There was a problem ...



How did we solve the problem?



What happened next?



FUN NETBALL CHALLENGE!

Design a netball dress for your team.



Add a pattern of hearts and stars.



Draw your favourite netball kit.



Invent a new team badge.



Draw your dream netball court.

