



# Netball Vitality Nations Cup

The Netball Vitality Nations Cup is due to start this weekend! The four-day tournament sees England battle against South Africa, Uganda and Malawi.

Identify the three lever systems for the sporting examples below.  
Justify the lever systems by identifying the Fulcrum, Effort and Load of each.



Jumping for an  
interception



Shooting



Looking up at a high  
ball

Which sporting example above has a mechanical advantage? Explain why.