

What should I already know?


- To know that net and wall games are where a net or a wall separates the players in teams and the aim of these games is to hit the ball over the net or into a space or against a wall to gain points.
- To know how to work in a team.

Key Vocabulary and definitions

Against	The other team that you are playing against.
Defend	When we are not in possession of the ball or we are trying to tag an attacker.
Partner	Somebody that we are working with or marking in a game.
Point	An aim or a goal to receive a point for their team.
Quickly	Moving our bodies at a speed to keep an eye on the ball.
Ready position	Eyes looking at the ball, on our toes and looking at the right direction.
Receive	Gaining individual possession of the ball through a team-mate passing it to you.
Return	Sending back the ball to your partner or to where the ball came

Key Knowledge & Skills

- Children will develop the skill to change direction quickly
- To use balance to move around quickly
- To move different parts of their body at the same time building up hand and eye coordination.
- Be faster on their feet
- Move for longer developing stamina to build up fitness.



Ladder Knowledge

Hitting:

watch the ball as it comes towards you to help you to get ready to hit it.

Feeding:

use enough power when throwing to let the ball bounce once before your partner returns it.

Rallying:

sending the ball towards your partner will help you to keep a rally going.

Footwork:

using a ready position helps you to react quickly and return/catch a ball.

Movement Skills

- throw
- catch
- hit
- track

This unit will also help you to develop other important skills.

Social co-operation, respect, support others

Emotional honesty, persevere

Thinking select and apply, reflection, decision making, comprehension

Rules

Tactics

Know how to score points for each game and follow simple rules.

Using tactics makes it difficult for my opponent.

Attacking tactics


- Hit or throw the ball away from your opponent
- Make quick decisions about where to hit/throw

Defending tactics

- Use a ready position to react quickly
- Return to the middle of your space after hitting/throwing

About this Unit


Net and wall games are games where either a net separates the players or a wall is used. The object of these games is to hit the ball over the net and into the court space or against a wall to make it difficult for a partner to return. Examples include tennis, badminton, volleyball, squash.



Ready position:

- knees bent
- feet apart
- racket in front

Helps you to move to the ball and defend your space.



head

face

handle