

What should I already know?


- To know to play in a team game.
- To know the importance to follow rules of the game to ensure it is fair.
- To listen to team members.

Key Knowledge & Skills

- Children will learn to change direction quickly.
- To balance when batting and bowling.
- Move different parts of their body at the same time.
- Move faster.
- Aim when throwing to a target.

Key Vocabulary and definitions

Against	The other team that you are playing against.
Defend	Stopping the other team to get points in the game.
Partner	Somebody that you are working with.
Point	Each team will work to gain as many points as they can to win the game.
Quickly	Moving our bodies quickly to defend and to get as many points as you can.
Ready position	Eyes looking in the correct direction and concentrating and following the ball with your eyes.
Receive	Getting the ball.
Return	Sending the ball back to the start position.



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

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.

