

## Links to the PE National Curriculum

- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
- Pupils should be taught to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.

## How to win a point

### A player wins a point when :

- Opponent hits the ball in the net.
- Opponent hits the ball out of the court area.
- Opponent misses the ball.
- Ball bounces twice.
- Opponent does a double fault (meaning if they serve the ball and it hits the net, doesn't land on their opponent's side, they can have another go. If they miss again it is a double fault.)

## Key Vocabulary:

- ready position
- return
- serve
- rally
- control
- opponent
- forehand
- backhand

## Key Skills: Physical

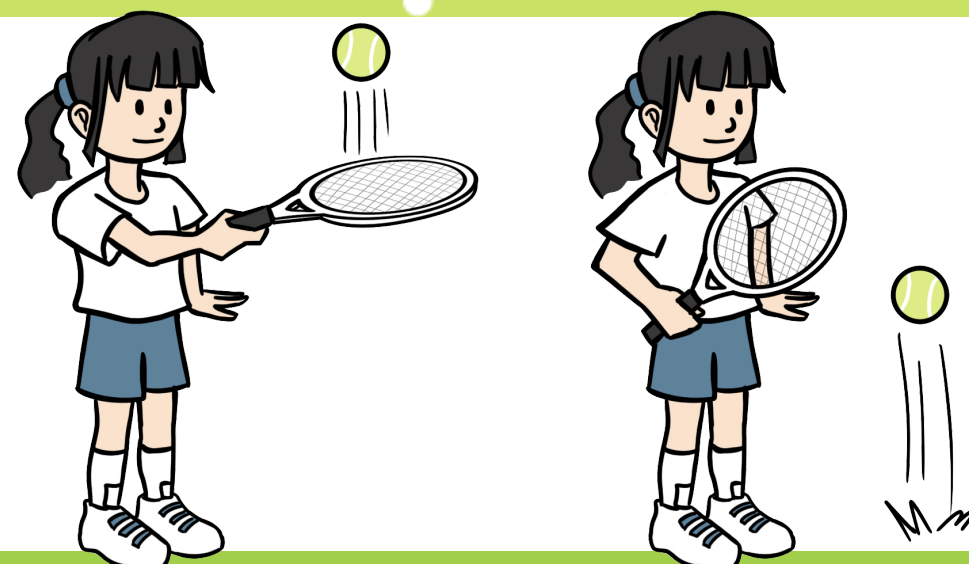
- Underarm throwing
- Catching
- Forehand
- Backhand
- Ready position

## Key Skills: S.E.T

- Social: Collaboration
- Social: Respect
- Social: Supporting others
- Emotional: Honesty
- Emotional: Perseverance
- Thinking: Decision making
- Thinking: Understanding rules
- Thinking: Selecting and applying skills and tactics

## Key principles of net and wall games

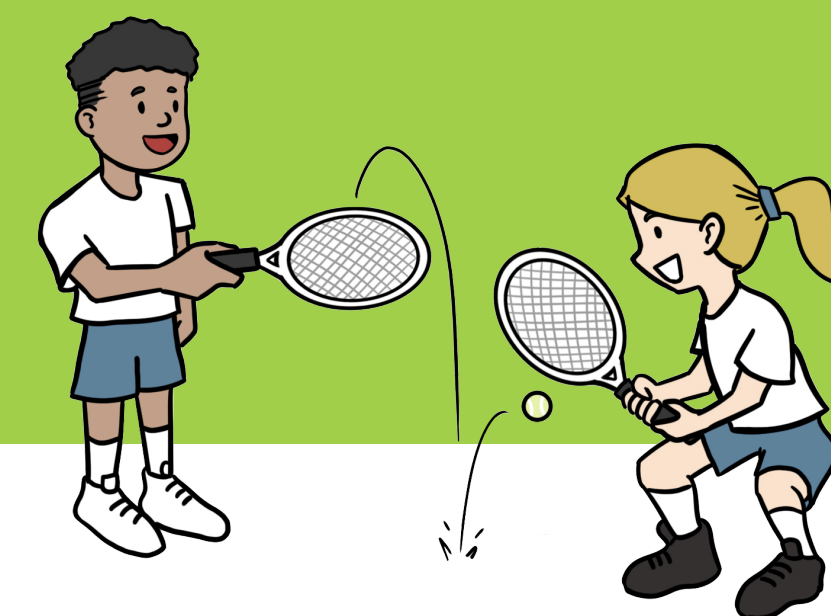
Attacking	Defending
Score points	Limit points
Create space	Deny space
Placement of an object	Consistently return an object



## Teacher Glossary

- Forehand:** A stroke where the player hits the ball with their palm facing forward.
- Backhand:** A stroke where the player hits the ball with a swing that comes across their body.
- Ace:** A serve that is a winner without the receiving player able to return the ball.
- Baseline:** The line indicating the back of the court.
- Face:** The top part of the racket that has the strings and is meant to hit the ball.

# Where this unit sits



## Assessment Criteria

### Year 3

- I am learning the rules of the game and I am beginning to use them to play fairly.
- I can provide feedback using key words.
- I can return a ball to a partner.
- I can use basic racket skills.
- I understand the aim of the game.
- I understand the benefits of exercise.
- I work cooperatively with my group to self-manage games.

### Year 4

- I understand the rules of the game and I can use them often and honestly.
- I can communicate with my teammates to apply simple tactics.
- I can explain what happens to my body when I exercise and how this helps to make me healthy.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I can return to the ready position to defend my own court.
- I can sometimes play a continuous game.
- I can use a range of basic racket skills.
- I share ideas and work with others to manage our game.

### Year 5

- I am developing a wider range of skills and I am beginning to use these under some pressure.
- I can identify how different activities can benefit my physical health.
- I can identify when I was successful and what I need to do to improve.
- I can use feedback provided to improve my work.
- I can work cooperatively with others to manage our game.
- I understand the need for tactics and can identify when to use them in different situations.
- I understand the rules of the game and I can apply them honestly most of the time.
- I understand there are different skills for different situations and I am beginning to apply this.

## Progression of Skills Ladder

**Other units that progress into this activity are:**

- Games**
- Net and Wall Games**
- Ball Skills**
- Fundamentals**
- Sending and Receiving**

	<p><b>Shots</b> Develop the range of shots used in the games they play.</p>	<p><b>Serving</b> Develop their range of serving techniques appropriate to the game they are playing.</p>	<p><b>Year 5</b></p>	<p><b>Rallying</b> Use a variety of shots to keep a continuous rally.</p>	<p><b>Footwork</b> Demonstrate effective footwork patterns to move around the court.</p>
	<p><b>Shots</b> Demonstrate increased technique when using shots both cooperatively and competitively.</p>	<p><b>Serving</b> Develop technique in serving underarm with increased consistency.</p>	<p><b>Year 4</b></p>	<p><b>Rallying</b> Develop rallying using both forehand and backhand with increased technique.</p>	<p><b>Footwork</b> Begin to use appropriate footwork patterns to move around the court.</p>
	<p><b>Shots</b> Explore returning a ball using focus shots such as the forehand and backhand.</p>	<p><b>Serving</b> Explore serving from an underarm serve.</p>	<p><b>Year 3</b></p>	<p><b>Rallying</b> Explore rallying with a forehand.</p>	<p><b>Footwork</b> Consistently use and return to the ready position in between shots.</p>