

Medium Term Plan: Supporting Implementation of

Subject: Year 1 Spring 1 – Net and Wall

Net and wall games are games where either a net or wall separates the players or a wall is used. The object 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. In this unit, pupils develop their understanding of attacking and defending principles in net games such as using a ready position to defend their court and placement of a ball into space. They use and develop skills such as throwing, catching, tracking and hitting a ball. They learn how to score points and how to play to the rules. They work independently, with a partner and in a small group and begin to self-manage their own games, showing respect and kindness towards their teammates and opponents.

N/C links:

- master basic movements including throwing and catching.
- Participate in team games, developing simple tactics for attacking and defending.

Key skills:

- Physical: throw, catch, hit a ball, track a ball, balance, jump, run
- Social: support others, work safely, communication, co-operation
- Emotional: perseverance, independence, determination
- Thinking: comprehension, select and apply, reflection, identify areas of strength and areas for development, decision making.

Long-term Learning (what pupils MUST know and remember) End Goals

- Hit a ball using a racket.
- Throw a ball to land over the net and into the court area.
- Track balls and other equipment sent to me.
- Use a ready position to move to the ball.
- Know how to score points.
- Recognise changes in my body when I do exercise.
- Show honesty and fair play when playing against an opponent.

Key Vocabulary

Net, partner, point, racket, ready position, score, track, underarm

Session 1 – To defend space using the ready position.

Success Criteria

- Feet hip width apart and knees bent.
- Return to the ready position after each roll or throw.

Whole Child Objectives

- Social: To encourage my partner.
- Emotional: To work independently to manage my game.
- Thinking: To understand why a ready position is useful.

Vocabulary

Net, partner, ready position, underarm

Session 2 - To play against an opponent and keep the score.

Success Criteria:

- Say the score out loud every time someone scores a point.
- Shake hands with your opponent at the end of each game.

Whole Child Objectives:

- Social: To move sensibly to keep everyone safe.
- Emotional: To persevere in the games I play.
- Thinking: To understand how to make it difficult for my opponent to catch the ball.

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Vocabulary

Net, partner, point, score, underarm

Session 3 – To explore hitting with a racket.

Success Criteria:

- Hold the racket towards the bottom of the handle.
- Keep the ball in the centre of the racket face.

Whole Child Objectives:

- Social: To support and encourage my teammates.
- Emotional: To persevere with challenges I find difficult.
- Thinking: To understand the changes that happen in my body when I begin to exercise.

Vocabulary

Racket, net

Session 4 - To develop racket and ball skills.

Success Criteria:

- Keep the ball in the centre of the racket face.
- Use small movements to hit the ball.

Whole Child Objectives:

- Social: To encourage others to keep trying.
- Emotional: To show determination to get better at the challenges I am set.
- Thinking: To reflect on what I did well and what I still need to do to improve.

Individual racket skills video to be shown -

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=12245>

Vocabulary

Racket, ready position, underarm

Session 5 – To develop sending a ball using a racket.

Success Criteria:

- Move your feet to the ball.
- Stand sideways on and push the ball back using the centre of the racket face.

Whole Child Objectives:

- Social: To communicate with my partner to complete challenges.
- Emotional: To try my best.
- Thinking: To recognise how I can improve on my best score.

Vocabulary

Racket, partner, point, ready position, score

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Session 6 – To develop hitting over a net.

Success Criteria:

- Finish your racket face pointing at where you want the ball to go.
- Look at where the other team are standing and throw or hit the ball away from them.

Whole Child Objectives:

- Social: To work co-operatively in a group, taking turns and keeping score.
- Emotional: To challenge myself to complete the task set.
- Thinking: To understand how to make it difficult for my opponent to catch the ball.

Vocabulary

Net, partner, point, racket

Future learning this content supports:

This unit will support children with net and wall units throughout KS1 and KS2. Pupils will have gained a broad range of skills that will be transferred across units they encounter in the future such as tennis. Pupils will have improved their balance, speed, stamina, move different body parts at the same time and the ability to change direction quickly. These skills will also be essential during their participation of various sports across KS2.