




Concept: Net and Wall games

The big picture: Net/wall games are activities in which players send an object towards a court or target area that an opponent is defending. Some examples include **badminton, Spikeball, table tennis, and volleyball**. In year 7 we learn the basic skills of Net and wall which at Year 7 is the **FUNDamentals** of co-ordination, balance, reaction. We learn how to start the game with a 'serve' and how to return a serve. We learn the basic rules to be able to score a point yet showing respect and kindness towards teammates and opponents and the 'umpire' We learn the basic rules of a number of different games as well as the importance of respect and kindness towards our teammates and opponents. **Key Concepts:** Net/wall games are games in which players send an object (e.g., ball, shuttle) over a net or against a wall so that it lands in an area that an opponent is defending. The aim is to make it difficult for the opponent to return the object or force them into a mistake. **The Value of PE for life and Physical Health**

Motor Skill	Definition	How do I do this?
Serve	To start a game by hitting the ball or shuttlecock over the net into the designated area.  	Stand in the correct position behind the baseline (tennis, volleyball) service line (badminton) table (table tennis). Strike the ball with an underarm or overarm action. The object must land in a designated area on the court.
Sending and receiving Forehand/ Backhand	Sending - Hitting/striking an object over the net into a designated area to win a point or make opponent move. Receiving – to move body to get to shot and return back into opponent's court,	Use the correct technique for shot selection. Body position, striking position, ready position, footwork to move to object, eyes on object, swing racket/bat/hand to contact ball
Volley	To hit an object before the object hits the ground. 	Be in the ready position to take the ball early before the bounce. In volleyball this is above your head with 2 hands. Tennis – be close to the net with racket in front of body
Court awareness Footwork	Footwork - To keep on your toes to be able to move toward the object whether forwards, backwards or sideways. Eyes on object and looking to space on the playing area.	Keep on toes at all times with weight slightly forwards. Racket/bat or hands in ready position for shot. Eyes looking forward on both object, opponents and court area.

Life Skills	
Co-operation – working together and helping others so that they can succeed.	Communication – Talking to peers and team mates. Communicating the score. Being able to identify strengths and weaknesses. Speaking and listening and body language
Active listening - It's a simple way of showing that you understand and have listened to what's being said, Face the speaker, maintain eye contact, stay focused, ask relevant questions	Teamwork – is essential to play all activities where there is 2 or more people. Working together to reach a common goal and helping each other by identifying strengths and weaknesses and encouraging each other.

Physical Literacy – Knowledge of rules, strategies and tactics

Key rules

Tennis – You must start a game with a serve, 1 bounce is allowed or no bounce, you must hit the ball over in 1 shot. A ball on the line is in. Scoring – a point is scored by an opponent's shot in the net, a shot that is out or a missed shot or 2 bounces, a double fault.

Table tennis – you must start a game with a serve, 1 bounce is required, you must hit the ball over in 1 shot. Scoring – a point is scored by a missed shot, no bounce, a shot that is out or in the net

Volleyball – you must start a game with a serve, up to 3 shots to get ball over the net, no bounce is allowed. Scoring – to score a point a winning shot is made with no return, a shot is hit out, a bounce occurs, the ball is hit into the net.

Strategies common to all net and wall games

The aim is to make it difficult for the opponent to return the object or force them into a mistake.

Placing shots into open spaces on the court or playing area, away from the opponents so that they are unable to return it.

The players make the opponent/s move from side to side or short to long.

Health and well being

Being active is important for physical **health and wellbeing**. **Health** is a state of complete physical, mental and social well-being. Fitness is the ability to fulfil a particular physical task. **Net and wall games promote many different areas of fitness that keep us healthy**. Skill related components of fitness include **balance, agility, reaction time, and co-ordination**. **Co-ordination** is the ability of parts of the body to work together to move smoothly, like when you serve in tennis. **Balance** enables us to remain upright and steady when we go to 'volley' in tennis. **Agility** is the ability to move quickly and change direction, this is important to move to an opponent's shots. **These areas of fitness are also needed in everyday life**.