|  |
| --- |
| **Newquay Junior Academy – Physical Education** |
| **Topic:** Net / Wall Games | **Year:** 4 |
| **Composite: To acquire and develop fundamental skills to perform specific net and wall games in Years five and six.** |

|  |  |
| --- | --- |
| **What should they already know?** | **Assessment Criteria** |
| * Be able to perform basic racket skills with confidence.
* Be able to perform continuous rallies.
* Understands how to control the direction they hit the ball in.
* Be able to play a small-sided game of volleyball, in line with the rules, with a balloon.
 | **GOLD (GD):** Fulfilling and exceeding all the Learning Outcomes. Performing skills fluently and consistently. Having a thorough understanding of the knowledge involved and be able to apply to other areas of PE curriculum.**SILVER (WA):** Meting 80% of the Learning Outcomes, demonstrating a ‘good’ level of skill and knowledge.**BRONZE (WT):** Working towards achieving the Learning Outcomes. |

|  |
| --- |
| **Learning Outcomes** |
| **Overview of Knowledge** | **Overview of Skill** |
| * I know the correct grip for ‘forehand’ and ‘backhand’.
* I know how to move my body and racket to control the direction of the ball.
* I know how to increase/decrease the power of my shots.
* I know how to play a game of volleyball in accordance of the rules.
 | * I can control the direction of where I throw or hit the ball.
* I can apply my skills into a game.
* I can officiate a game of tennis with basic rules.
* I can play a game of volleyball, in line with the rules, with a balloon with developing strategies.
 |

|  |  |
| --- | --- |
| **Key Vocabulary** | **Life Skills** |
| **Net and Wall Games:** Activities in which players send an object towards a court or target area that an opponent is defending. The aim is to cause the object to land in the target area while making it difficult for the opponent to return the object.**Forehand**:  A hit with your dominant hand and arm (right if you're right-handed and left if you're left-handed)**Backhand:** A hit either with two hands for a two-handed backhand or with one hand (still your dominant hand), for a one-handed backhand.**Basic Tennis rules:** <https://www.myactivesg.com/Sports/Tennis/How-To-Play/Tennis-Rules/Basic-rules-of-tennis>**Basic Volleyball rules:** <https://www.theartofcoachingvolleyball.com/basic-volleyball-rules-and-terminology/> | Guided discoveryPerseveranceFeedbackBeing physically literate |

**Year 4 Net & Wall Games S.O.W**

***Composite:*** *To acquire and develop fundamental skills to perform specific net and wall games in Years five and six.*

|  |  |  |  |
| --- | --- | --- | --- |
| **Stage** | **Focus** | **Learning Objectives** | **Lesson** |
| A | INTROHAND - EYE | -To understand what net and wall games are.- To use basic skills to play a small sided net game.  | Intro and expectations.Warm Up: Why do we do a warm up? SAQ warm up. 2 teams – use benches to make nets. Throw bean bags / balls over to the other side of the court. AIM) To have the least amount of beanbags / balls on your side of the court at end of the time. In Pairs) make a small court / net with cones. Use hand as a racket, rally with 1 bounce. How many? Develop in to game with points. Serve from backline.  |
| B | TENNIS | -Acquire skills perform basic racket skills with confidence. -Understand the correct grip, and know the difference between forehand and backhand.  | Warm Up: SAQRelay / Take in turns: egg and spoon race, Keep the ball bouncing on the racket; forehand / backhand / alternate.Self-feed, drop, hit to partner, develop to partner feeds – both bounce and volley. Develop into partner rallies. Main focus is CONTROL.  |
| C | TARGET and TENNIS | -Understand how to control the direction of where you are throwing / hitting the ball. -Use the correct grip to perform continuous rallies.  | Warm up: Pulse raiserLarge (target) net in the middle with coned circle around the outside. In pairs (5 balls each), all a’s throw to the target – how many go in? Swap over. Develop to use racket to hit ball in the target. Rally in pairs (2 bounce, 1 bounce, volley) (bronze, silver, gold awards).   |
| D | INTRO TO VOLLEYBALL | -Acquire skills to perform a volley and a dig. -Apply volley and dig in rallies.  | Warm up: SAQUsing proper volleyballs. Intro volley and dig. Start with self-feed, develop to partner fed. Application in rallies: Bronze, Silver, Gold. Focus on TECHNIQUE and HEIGHT.  |
| E | VOLLEYBALL RULES | -To know what a volleyball court looks like. -To play a game of volleyball (with a balloon in accordance with the rules).  | Split class into 8 teams. Each team to do their own warm-up.Explain / demo the rules of volleyball and scoring process – with a balloon. Application of skills into games.  |
| F | APPLICATION IN GAMES | -Understand the concept of ‘strategy’ and begin to develop this concept.-Apply all skills in games with rules.-Evaluate progress and individual performance. | 8 teams – split on ability.Application of skills, with implementation of strategies and tactics.Evaluate team performance and suggest ways for improvement. Summary. |