

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, four square, pickleball, Spikeball, table tennis, and volleyball. In year 9 we continue to develop our success with skill/technique and tactics. Our focus is upon the application of skills and an understanding in mini or full games. Students will also develop their understanding of rules and their ability to lead and officiate each other. Adopting other rules to ensure maximum participation in sport and physical activity. Key concepts – attacking and defending **The Value of PE for life and Physical Health**

	Physical literacy – to include set plays and tactics	Life Skills
Tennis	<p>Deuce – score at 40 All. Server will be serving from the right side</p> <p>Advantage – point after deuce and means the player has 1 more point to win to win the game</p> <p>Serve and volley – attacking tactics/play to charge the net after the serve. Should be done against a weak returner and on a first serve.</p> <p>Tie break – this happens at 6 games all and points then change to 1, 2, 3, 4. It is the first player to get to 7 points unless it gets to 6 all and then 2 clear points are needed to win the set.</p>	<p>Responsibility Giving your best effort, behaving appropriately and leading by example. Being proactive and making things happen</p>
Table Tennis	<p>Singles: Each match shall consist of the best two out of three games with the winning player reaching 21 points first or being ahead by two after the score reaches 20 all in each game.</p> <p>Doubles - unlike singles game where the ball can bounce anywhere on the table during service, in doubles, the ball can only bounce on the right half portion of the table for both the server and receiver.</p> <p>Tactics: Play on your opponents’ weaknesses. Move your opponent around the table, vary your strokes, vary your speed and direction. Play to your strengths.</p>	<p>Interpersonal skills Working well, communicating and interacting with others.</p>
Volleyball	<p>Positions The 7 positions in volleyball are outside hitter, setter, middle blocker, defensive specialist and serving specialist, libero.</p> <p>Scoring – a game is scored to 25 points and every point counts ‘rally’ points. Matches are normally best of 5 sets with the final game being played to 15 points. In order to win any set a team must win by 2 clear points.</p> <p>Techniques: Serving, passing (forearm underhand passing), setting (overhead passing), attack options (hitting/spiking), blocking (from attack and defend positions) and defensive skills (rolling and sliding)</p>	<p>Honesty and fair play Fair play is knowing and learning the rules of the game and putting them into practice. Being honest with decisions and applying good etiquette</p>
Role of officials	<p>To communicate to others, possessing the basic understanding of the rules of the game including adapted rules. To keep time and/or score, adhere to the rules and ensure players are safe.</p> <p>Tennis – being an umpire (keeping score) and linesman (saying if ball is ‘in’ or ‘out’)</p> <p>Table tennis – Umpire – keeping score and ensuring rules are followed and understood.</p> <p>Volleyball – referee – keeping score and ensuring the rules are followed and understood.</p>	<p>Leadership Setting an example to others. Getting the best out of others and motivating and boosting everyone’s confidence. Taking on a ‘lead learner’ role.</p>

Health and well being

Net and wall games are an effective way of improving physical fitness. Regular exercise will reduce the weight of the body. This is because fat stores are used to supply the glucose the body needs for energy. Depending on the type of exercise you do, certain component of fitness may be developed for example muscular endurance in a 3-set tennis match. Long term benefits of exercise – control weight, reduce risk of illness/diseases such as reduce risk of Type 2 diabetes and obesity. Strengthen bones and muscles, improve mental health and mood, improve your ability to do daily tasks, increase your changes of living longer and reducing heart disease.