

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 8 we develop the basic skills and learn to link shots together. We apply our movement and control to improve success rate in play. We learn to attack to win points and where to attack from. We develop our serving technique to increase success rate to start an adapted to full game play. We develop our knowledge of the rules of a number of different games to include basic tactics where appropriate. We continue to apply kindness towards our teammates, umpire and peers. We learn the value of etiquette in game play. **Key Concepts:** How do we link shots together? (teamwork control, technique) How can we attack to win a point? **The Value of PE for life and Physical Health**

Motor Skill	Sport specific examples
Serve	To start a game by hitting the ball or shuttlecock over the net into the designated area. Tennis – Overarm throwing action as first serve from behind baseline where appropriate Volleyball- Serve with underarm or overarm action from behind baseline. Table tennis - Serve with forehand or backhand technique (see rules on serving)
Linking shots	Use different shots/techniques to increase success Tennis - Forehand and backhand Volleyball – Dig and volley Table tennis - forehand and backhand in rally
Attacking shots	To hit an object before the object hits the ground. Tennis- Volley and Smash Volleyball- Smash Table Tennis – Drive forehand and smash
Skills from year 7KO	<i>New sport intro -Badminton – see big picture, health and well-being and life skills from year 7.</i> <i>Intro – basic serve (backhand with thumb on back of grip) and return and ready position</i> <i>Footwork from year 7 KO</i> <i>Push shot – racket high with elbow forward</i> <i>Rules – where to serve from and too (past service line). How to win/lose a point.</i>

Life Skills	
Managing Emotions – Try our hardest but remember that sport should be fun. Be considerate to others in victory and respectful and kind in defeat. Learnt the importance of ‘etiquette’.	Communication – Talking to peers and teammates. Communicating the score. Being able to identify strengths and weaknesses. Speaking and listening and body language
Supporting and encouraging – Helping each other to feel good and perform well.	Teamwork – working together and helping others to succeed. Together, Everyone, Achieves, More

Physical Literacy – Knowledge of rules, strategies and tactics

Key rules

Tennis – You must start a game with a serve from behind the baseline. If the ball hits the net on a serve it’s a ‘let’. 2 faults are a double fault – loss of point. 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 only get one serve I table tennis, if this is a fault/mistake you lose the point. Ball must be seen in hand and above table. Player must be behind and not touching table. The server serves for 2 points and then the opponents serve. Play to 11 points. 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 from behind the baseline, 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

Net and wall games promote many different areas of fitness that keep us healthy and are needed in everyday life. Physical components of fitness include **speed, strength, power, cardiovascular endurance, muscular endurance and flexibility**. **Strength** is the ability to do things that demand physical effort, like hitting a tennis serve. **Speed** is how quickly you can move, for example running to get a dropshot in tennis. **Power** is the combination of speed and strength for example a jump smash in volleyball. **Muscular endurance** is the ability of a muscle to exert force repetitively, over time, like a tennis player moving forwards and backwards in a long rally. **Cardiovascular endurance** is how your heart and lungs work for long periods of time, such as, keeping going for the whole of a length of a volleyball or tennis game. **Flexibility** is the range of movement around a joint for example a wide forehand drive in table tennis.