West Meadows Primary School – Theme Organiser

Theme: Net and Wall	Year: 1	Subject: Physical Education

What should I already know/be able to do?
- move at different speeds
- throw, catch, kick and roll objects
- change direction when moving

How will I use this learning in the future?
In Year 2, I will learn to hit a ball that is thrown to me, serve a ball over a net and apply my skills to play simple games of tennis.

What vocabulary should I learn?

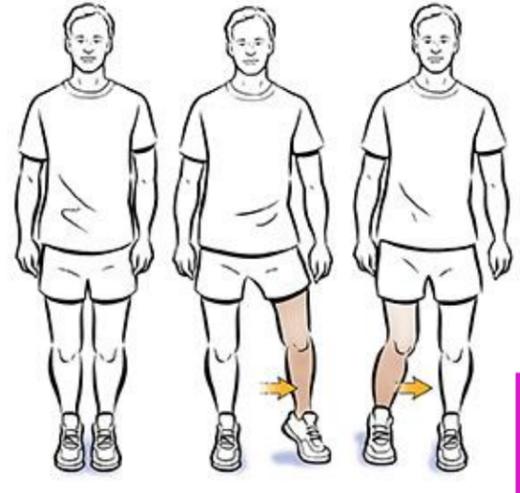|	
balance	keep an object steady on a racket
bounce	to move quickly away after hitting a surface
grip	to take a firm, right hold of something, in net and wall, usually a racket
hit	an object being contacted using force
net and wall	Net/Wall Games are activities in which players send an object towards 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.
opponent	the person you are playing against
racket	a stringed item used in tennis and badminton
side shuffle	a quick movement to allow you to move around the court towards the ball

What should I be able to do by the end?

Holding a Racket:

Keep your wrist straight and firm.

Wrap your fingers round the handle. Don't grip too tightly.

Grip the racket like you are shaking hands with someone.

Bouncing a Tennis Ball:

Watch the ball carefully so that your are ready to catch it again on the racket.

Flick your wrist to hit the ball a little way into the air.

Hold your racket in one hand using the handshake grip.

Twist your wrist outwards to make the racket flat.

Catching Objects:

Keep your eyes on the beanbag so that you are ready to catch it again.

Twist your wrist outwards so that the racket is flat.

Flick your wrist to throw the beanbag into the air.

Use the handshake grip.

Move the racket from your arm.

As well as catching the object, you should be able to balance the object on the racket.

Hitting an Object:

Hold your ball just above the racket.

Let go for your ball as you swing forwards with your racket.

Grip your racket correctly.

Remember not to grip your racket too tightly.

Footwork:

Side Shuffle
-knee bent
back straight
stomachs tight

Turning
-Turn after side stepping and prepare for the ball with a closed stance.

West Meadows Primary School – Theme Organiser

Theme: Net and Wall	Year: 2	Subject: Physical Education

What should I already know/be able to do?	How will I use this learning in the future?	What vocabulary should I learn?	
• hold a racket • balance and bounce objects on a racket • side shuffle and giant stride	In Year 3, I will learn to use the ready position, keep a rally going with a ball and learn how to serve over a net.	backhand	a shot where the racket is swung around the body before hitting the ball
		forehand	a shot with the racket using the palm first

What should I be able to do by the end?

Holding a Racket:

Forehand   Backhand

Shots:

forehand

backhand

Using forehand and backhand shot technique, perform a **rally** with a balloon.

A rally is when you keep the object in the air for as long as possible with a partner, using a racket.

Hitting the Ball Back:

grip	to take a firm, tight hold of something, in net and wall, usually a racket
hit	an object being contacted using force
net and wall	Net/Wall Games are 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.
opponent	the person you are playing against
rally	a sequence of shots between players
side shuffle	a quick movement to allow you to move around the court towards the ball

Footwork:

Use these footwork skills while rallying.

Side Shuffle

-knee bent
back straight
stomachs tight

Turning

-Turn after side stepping and prepare for the ball with a closed stance.