



P.E.	Games - Net & Wall (applying tactics)	Year 4	Autumn Term 1
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Skills

- Use a wide range of throwing, catching and hitting skills, on both sides of their body with accuracy and consistency.
- Change the pace, length and direction of their shots, with control to outwit their opponent and defend their court.

Key Knowledge

Select and practice a range of simple tactics for sending the ball in different ways to outwit their opponent and defend their court

Use and interpret rules fairly.

Understand how physical activity benefits social and emotional health

Sequence of Practical Experiences

The 'ready' position. Hitting the ball and keeping a rally going

Understanding the flight of the ball

Understanding where to stand and move on court

Reacting to the ball direction and positioning ready for the shot.

Keeping a rally going.

To consolidate and develop the range and consistency of their skills in net games.
To adapt tactics to suit court size and shape

Statutory requirements

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Prior Learning

- Keep up a continuous game, using a range of throwing and catching skills and techniques.
- Use a small range of basic racket skills.
- Choose and use a range of simple tactics for sending the ball in different ways to make it difficult for their opponent.

Key Vocabulary

Technique	Ability to perform a physical task
Assess	To calculate or estimate something e.g. where the ball may bounce
Pace	The rate of movement

Additional Vocabulary: Rebound, speed, direction, pass, control, shoot, score, grids, lines, opponent, teammate, aim, pass, accurate, strike. Breathing rate, body temperature, heart pumping, muscles and joints. Health benefits, energetic, 60 minutes per day.

Net & Wall Sports

Tennis	Badminton	Squash	Volleyball	Table tennis
				