



P.E.	Games - Net & Wall (develop individual shots)	Year 5	Autumn Term 1
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Skills

- Use forehand, backhand and overhead shots increasingly well in the games they play.
- Use the volley in games where it is important.

Key Knowledge

- Identify strengths and weaknesses in their own and others play and suggest practices that will lead to improvement.
- Use the skills they prefer with competence and consistency.
- Perform warm-up and cool-down exercises with safe and effective technique.

Sequence of Practical Experiences

- develop the forehand shot and understand how to warm up and cool down for tennis.
- play a co-operative rally
- develop the forehand shot and backhand shot and how to play a volley and understand how the warm-up affects the body.
- develop the volley shot and use appropriately in a game and understand the attacking strategy of returning the ball early.
- develop rally technique through good positioning and hitting into space in opponents court.
- play shots to the front and back of court (long and thin court) or to either side (short and wide court)

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

- Play games with some fluency and accuracy, using a range of throwing and catching techniques.
- Find ways of attacking successfully when using other skills.
- Use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and getting into positions to score.

Key Vocabulary

Volley	To strike the ball before it bounces
Overhead	Hit on the forehand side, above the head
Rally	Exchange of shots in a court game

Additional vocabulary: singles, doubles, forehand, backhand.

Net & Wall Sports

Tennis	Badminton	Squash	Volleyball
			

