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| P.E. | Games Net and Wall (directing the ball) | Year 3 | Spring Term 2 |
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Skills

- Keep up a continuous game, using a range of throwing and catching skills and techniques.
- Use a small range of basic racket skills

Key Knowledge

Choose and use a range of simple tactics for sending the ball in different ways to make it difficult for their opponent.

Change the pace, length and direction of their throws/shots to outwit the opponent.

Identify practices to help them improve.

Monitor activity levels

Sequence of Practical Experiences

practice various ways of throwing towards a target.

develop throwing skills into simple net games

practice handling a ball with a racket and understand basic tactics.

watch, track and get in line with a ball. To play a game with an opponent and make decisions about where to stand

consolidate and develop the range and consistency of their skills in net games (with or without racket); describe how our bodies feel when exercising.

adapt tactics to suit court size and make up and apply simple rules for net games.

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

- Perform basic skills of rolling, striking and kicking with more confidence.
- Catch and throw in simple movement games.

Key Vocabulary

technique

racket

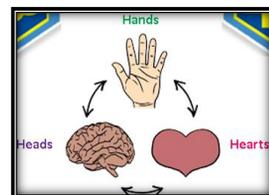
assess

pace

opponent

track the ball

tactic



Net & Wall Sports

Tennis



Badminton



Squash



Volleyball



Table tennis

