PE

Net and Court - UKS2

Key Vocabulary

acquire	tactics
forehand	slice
backhand	spin
spike	drop shot
set	stamina
overhead	outwit

Links to other Learning

PSHE - Building working relationships with your team-mates and using communication skills to discuss tactics to utilize.

Maths - Keeping the correct scores while competing against opponents.

Science - Being able to explain the importance of warming up and cooling down before and after physical activities.

Key Knowledge and Skills

Children will learn:

- To develop the range and quality of their skills when playing games using rackets or hands only.
- Specific tactics and skills for the games of tennis, badminton and volleyball.
- To develop sending a ball towards a court or target area which their opponent is defending.
- To aim to get the ball to land in the target area and make it difficult for the opponent to return it.
- The necessary skills and knowledge and understanding of net and court and wall principals of play to effectively take part in small sided games.





Tennis balls and tennis racket

Key Questions & Physical Wellbeing

- Do you understand the basic rules and principals for playing tennis?
- Do you understand the basic rules and principals for playing volleyball?
- Do you understand the basic rules and principals for playing badminton?
- Why is it important to be able to perform a variety of shots i.e. forehand, backhand, overhead, serve, set and spike?
- Can you talk about the effects of physical exercise on the respiratory system?

Equipment

- tennis balls
- tennis racket
- volley-ball
- shuttlecock
- cones
- floor and wall targets
- reaction balls
- high and low net and posts