

Net/wall games – unit 1

ABOUT THE UNIT

In this unit children focus on developing the skills they need for net/wall games and on how to use these skills to make the game difficult for their opponent. They learn to direct the ball towards the target area and away from their opponent.

In all games activities, children have to think about how they use skills, strategies and tactics to outwit the opposition. In net/wall games, players achieve this by sending a ball (or other implement) towards a court or target area which their opponent is defending. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it.

WHERE THE UNIT FITS IN

This unit lays the foundations for future net/wall games units, in which children will move on to play more complex games on larger courts, playing in teams of two or more. They will start to use balls that move more quickly and bounce higher and faster. They will start to play more recognised games, *eg short tennis, mini-badminton*. They will transfer the throwing and catching skills they learn in net games to other types of game, *eg netball, basketball*. Similarly, they will use and adapt the striking skills they learn in other types of game, *eg invasion games using sticks*. In all games units, they will learn how to apply rules fairly.

VOCABULARY

In this unit children will have an opportunity to use a range of words and phrases, such as:

- court, target, net
- striking, hitting
- defending
- making it difficult for the opponent
- tactics
- scoring points

RESOURCES

- markers, ropes, chalk, lines, grids to make court areas
- small balls or other equipment, *eg beanbags, shuttlecocks*
- equipment to divide courts, *eg nets, benches, canes*

EXPECTATIONS

When carrying out the type of activities and tasks in this unit

most children will be able to:

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; choose and use a range of simple tactics for defending their own court; adapt and refine rules; make up their own net games; understand the point of the game; keep rules effectively and fairly; recognise how net games make the body work; talk about what they do well and recognise things they could do better

some children will not have made so much progress. They will be able to:

play games using modified courts and a small range of throwing skills; play games with limited continuity, stopping the ball and catching it occasionally; hit a ball with reasonable consistency when practising; use bigger target areas to aim for; use a small range of tactics; use simple rules fairly; know when their heart beats faster; with help, identify practices to help them improve

some children will have progressed further. They will be able to:

use a wide range of throwing, catching and hitting skills, on both sides of their body; choose and use these skills with a good degree of accuracy; change the pace, length and direction of their throws and shots, to outwit their opponent; know where to stand; know how to defend their court; use and interpret rules fairly; help to choose activities that warm them up and get them ready to play; suggest ideas for practices they can do to improve their performance

LEARNING OBJECTIVES

POSSIBLE TEACHING ACTIVITIES

LEARNING OUTCOMES

POINTS TO NOTE

CHILDREN SHOULD LEARN

CHILDREN

ACQUIRING AND DEVELOPING SKILLS

- to consolidate and develop the range and consistency of their skills in net games
 - to keep, adapt and make rules for net games
- Ask the children to practise throwing and catching, using a range of balls and equipment. Asking them to use a variety of ways to throw a ball, eg *underarm, overarm, one-handed, two-handed, hard, soft, high, low*. Help them to throw accurately at a target. Teach them to throw into space away from their opponent.
 - Teach them to intercept, stop and catch the ball, and to stand ready to move to catch.
 - Help the children to become familiar with a racket and ball, so that they can hit the ball with the racket. Teach them to hold the racket so that they can hit a ball accurately. Teach them how to move their feet to get in line with the ball, so that they can stop or hit it with the end of their racket. Encourage them to use a wide range of different hitting skills in games, eg *forehand, backhand, soft shots, hard shots*.

- perform the basic skills needed for the games with control and consistency
- keep a game going using a range of different ways of throwing
- vary the speed and direction of the ball
- play games using a racket, getting their body into good positions, hitting a ball fed to them accurately, and increasingly keeping a rally going using a small range of shots

- In every lesson, most of the children's learning should take place through physical activity relating to the core tasks.**
- Most lessons should start with short warm-up activities that help the children remember what they did in the last lesson and prepare them for what they will learn next. Skills practices should be used as some of the warm-up activities, especially when they involve some gentle and then more vigorous running. Most lessons should end with cool-down activities.
- Give the children the opportunity to become confident using one set of skills before introducing different rules, equipment and skills. Give them time to practise skills in different ways, including in games, practices and drills. They could get ideas for practices and drills from resource cards, books and databases.
- Make the most of the space available by organising a mixture of throwing and catching games alongside hitting games. Organise the class so that some children are carrying out practices while others are playing. Some children could watch and keep score for games while they are waiting to play.
- Make sure the children have opportunities to watch others play or demonstrate their skills, including on video. Tell them points to look out for. The children could also use a database of different techniques for net games.
- Give the children opportunities to explain or record the rules for the games. They could use word-processing and graphics software for this.
- Give the children specific feedback on their ideas, skills, tactics, use of rules and how to improve. They should demonstrate their work to each other, talk about it and teach it to partners.
- Working in ability groupings often helps children in these games.
- If evaluations are undertaken in groups this will provide an opportunity for children to practise speaking and listening skills.

SELECTING AND APPLYING SKILLS, TACTICS AND COMPOSITIONAL IDEAS

- to choose and use a range of simple tactics and strategies
 - to keep, adapt and make rules for net games
- Ask the children to play games using throwing and catching skills until they know the rules well. Ask them what they need to think about when they send the ball. Teach them to vary the strength, length and direction of their throw. Help them to see how they can make it difficult for their opponent to receive the ball.
 - Talk to the children about where to stand to give themselves the best chance of intercepting and returning the ball. Help them to choose effective ways to attack and defend when playing games.
 - Talk about other equipment and skills they could use to play the games. Ask them for their ideas on tactics, what they think the rules mean, and how to make the rules fairer.

- choose good places to stand when receiving, and give reasons for their choice
- try to make things difficult for their opponent by directing the ball to space, at different speeds and heights
- use the rules and keep games going without disputes

KNOWLEDGE AND UNDERSTANDING OF FITNESS AND HEALTH

- to know why warming up is important
 - to recognise how playing affects their bodies
- Encourage the children to spend more time practising and help them to see how this affects their heart rate.
 - Help them to notice how, when they play a game, their body becomes warmer and their heart beats faster.
 - Help them to see how practising skills and carrying out exercises can get them warmed. Teach them how to exercise safely when warming up.

- identify what activities and exercises they could use in a warm up
- recognise what happens to their bodies when playing the games
- know why warming up is important

EVALUATING AND IMPROVING PERFORMANCE

- to recognise what skilful play looks like
 - to suggest ideas and practices to improve their play
- Ask the children to describe what they do and think about when they are playing games. Help them to pick out important things to comment on. Listen to what they say they find hard.
 - Talk to the children about how to change the size of the court to make the game harder or easier.
 - Ask them what they do well in a game, what they need help with, and what parts of the game they need to practise. Talk to them about what they could practise at playtime and at home.

- describe what is successful in their own and others' play
- identify aspects of their game that need improving, and say how and where they could go about improving them

Health and safety

- Do the children's footwear and clothing keep them safe and help their learning?
- Is the space for playing games safe and clear enough to work in?
- Have all the children warmed up and cooled down properly?
- Is the equipment light enough for the children to handle?

PRIOR LEARNING

It is helpful if children have:

- experienced throwing and catching activities
- experienced striking a ball with different equipment and parts of the body
- played a variety of simple net/wall games
- played a variety of simple invasion and striking/fielding games
- cooperated with a partner
- learned how to compete fairly, using rules

CORE TASKS

Following are core tasks the children could be asked to carry out.

Task 1

The aim of the game is to score points by throwing a ball into the opponent's court area and making it bounce twice.

Play the game one against one. Use a low net (bench to short tennis height), on a court that is relatively long and narrow. Put a gym mat on either side of the net, about 1m away from the net, and make the court a little larger than this. Use throwing and catching skills.

Once the children can play the game confidently, move on to introduce hitting the ball with a racket after it has bounced. A partner playing with the hitter should feed the ball. Try adapting the rules so that the partner has to catch the ball before feeding it to be hit. More able players will be able to rally without a partner feeding the ball. They may need more than one bounce.

This game is easiest with a big ball that bounces well. It can also be played by pushing or sliding the ball across a line that is being defended (this is easier for some children who have difficulties with coordination).

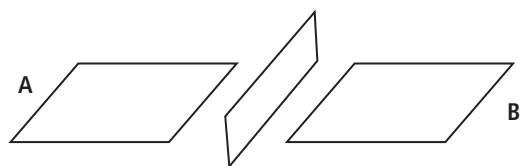


Diagram 1

Task 2

The aim of the game is to score points by getting a small soft ball or beanbag to land in one of two targets.

Play the game one against one. Use a high net on a long narrow court (about 3 to 5m long on each side of the net, and 1 to 2m wide). Position a target near the front of the court on either side of the net, and another towards the back of the court. Encourage the children to use short, low throws to try to hit the target at the front, and long, high throws to try to hit the target at the back. Their opponent's aim is to intercept the ball or beanbag before it bounces.

Later, a racket can be used to hit a ball or shuttlecock. The same technique of partner feeding can be used as in Task 1, but the feed should be a full toss.

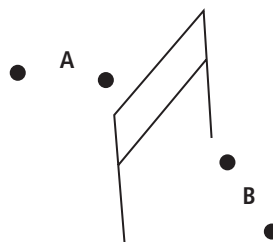


Diagram 2

Task 3

Ask the children to adapt the rules, equipment or skills of the game they are playing so that it suits them better. Then ask them to make up a new net game, with a good scoring system. They should be able to play their game well and teach it to others in the class.

Adaptations and variations on the tasks

Ask the children to:

- play the game on a different-sized court, or with a higher or lower net (to make the games easier or harder)
- use different equipment to send or hit the ball on either side of the net, *eg one could throw, while the other hits with a racket*

EXTENSION AND ENRICHMENT

Out of lessons, at home and in the community, children could be encouraged to:

- make up games, with rules, to play during playtime. This could help them to play with younger children and be active
- practise throwing, catching and hitting skills at playtime, using their own ideas or those on resource cards
- practise skills and play games at home
- join an extracurricular club at school
- contact local junior clubs that organise games such as short tennis

CROSS-CURRICULAR LINKS

This unit could be linked to:

- science – investigating changes in the body during exercise
- PSHE – making up and agreeing rules
- numeracy – simple addition and keeping score