

WOOLGROVE SCHOOL

MEDIUM TERM PLAN FOR **SPRING TERM GAMES: NET WALL GAMES** CLASS; **Y\$/Y5**

<p>LEARNING OBJECTIVES + P of S</p>	<p><u>QCA Net/Wall Games Unit 1: Net Wall Games</u></p> <ul style="list-style-type: none">• to consolidate and develop the range and consistency of their skills in net games• to choose and use a range of simple tactics and strategies• to keep, adapt and make rules for net games • to know why warming up is important• to recognise how playing affects their bodies • to recognise what skilful play looks like• to suggest ideas and practices to improve their play <p><u>QCA Net/Wall Games Unit 2: NET WALL GAMES</u></p> <ul style="list-style-type: none">• to develop the range and consistency of their skills, especially in specific net games• to use and adapt rules, strategies and tactics, using their knowledge of basic principles of attack and defence• to know why warming up and cooling down are important• to know how physical activity affects their health• to evaluate performances, explain what needs improving in their own and others' work, and suggest possible improvements
<p>ACTIVITIES AND RESOURCES (inc. staff)</p>	<p>All lessons will begin with body awareness and warm up activities and conclude with cool down session</p> <p>All lessons will begin with body awareness and warm up activities and conclude with cool down session</p>

VOLLEYBALL

Activities to develop core skills related to Volley ball; moving from individual skills – partner skills – small group skills – team game skills

- Core skills – movement activities around space in hall, moving in different directions with and without a ball/balloon, use separate hands/hands together to keep balloon/ball in the air – individual leading to partner
- core skills – balloon keep ups leading to using a large balloon ball/volley ball; individual moving to partner/small group
- Practice diamond hand shape to strike ball.
- Sitting down/standing up balloon/ball volleyball in groups – how long/how many times can each group keep ball in the air
- Introduce concepts of DIG (underarm pass), SET (overarm pass), SMASH and BLOCK
- Small group games
- Use attached challenge cards if appropriate

BADMINTON

Activities to develop core skills related to Badminton; moving from individual skills – partner skills – game skills

- musical keep ups using balloons/shuttle cocks and fluff balls; Children to use badminton rackets/hand paddles/hands to keep item in air. How many can you do etc???
- Practice forehand/backhand shots in air/with shuttle cock/balloon
- In pairs practise keep ups/passing to each other; introduce idea of simple back hand/forehand shots USE BALLOONS/BALLON BALLS/hand paddles/fluff balls/small/large rackets
- USING NETS/BENCHES AND OPEN FLOOR CHILDREN TO PAIR UP AND PLAY SIMPLE GAME. Encourage children to use backhand forehand shots where possible. Introduce where appropriate simple scoring. Serving practice; model and demonstrate simple serving technique; how to hold shuttle etc

TENNIS/TABLE TENNIS

Activities to develop core skills related to tennis/table tennis; moving from individual skills – partner skills – game skills

- musical keep ups using balloons/tennis balls and fluff balls; Children to use tennis rackets/hand paddles/hands to keep item in air. How many can you do etc???

	<ul style="list-style-type: none"> • Practice forehand/backhand shots in air/with tennis ball/balloon/fluff ball • In pairs practise keep ups/passing to each other; introduce idea of simple back hand/forehand shots USE BALLOONS/BALLON BALLS/hand paddles/fluff balls/small/large rackets • Play “along the floor” tennis with a partner or passing ball around a small group. • USING NETS/BENCHES AND OPEN FLOOR CHILDREN TO PAIR UP AND PLAY SIMPLE GAME. Encourage children to use backhand forehand shots where possible. Introduce where appropriate simple scoring. Serving practice; model and demonstrate simple serving technique; how to hold racket and ball etc • <u>See Tennis Scheme of work: For examples of lesson ideas</u> <p><u>Table Tennis:</u></p> <ul style="list-style-type: none"> • Pupils to sit on floor and play along the floor table tennis with and without cardboard nets – use ping pong balls/balloons/bean bags/ larger rainbow balls to support and extend pupils • “Around the table” table tennis – set up 2 dining hall tables – groups to stand around outside of table with a bat – pass ball around table to pupils without letting ball fall off • <u>See Table tennis Scheme of work: For Examples of lesson ideas</u>
LINKS WITH OTHER SUBJECT	<p>Science – investigating heart rate and breathing PSHE and citizenship – making up, adapting and agreeing rules literacy – writing and drawing to explain the rules of the games <u>SDP LINK: Numeracy: shape space and measures/counting/SCORING</u></p>
EXPECTED OUTCOMES	<p><i>most children will be able to:</i></p> <p>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</p>

	<p><i>some children will not have made so much progress. They will be able to:</i></p> <p><i>some children will have progressed further. They will be able to:</i></p>	<p>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</p> <p>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</p>
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