



Get Set 4
Education

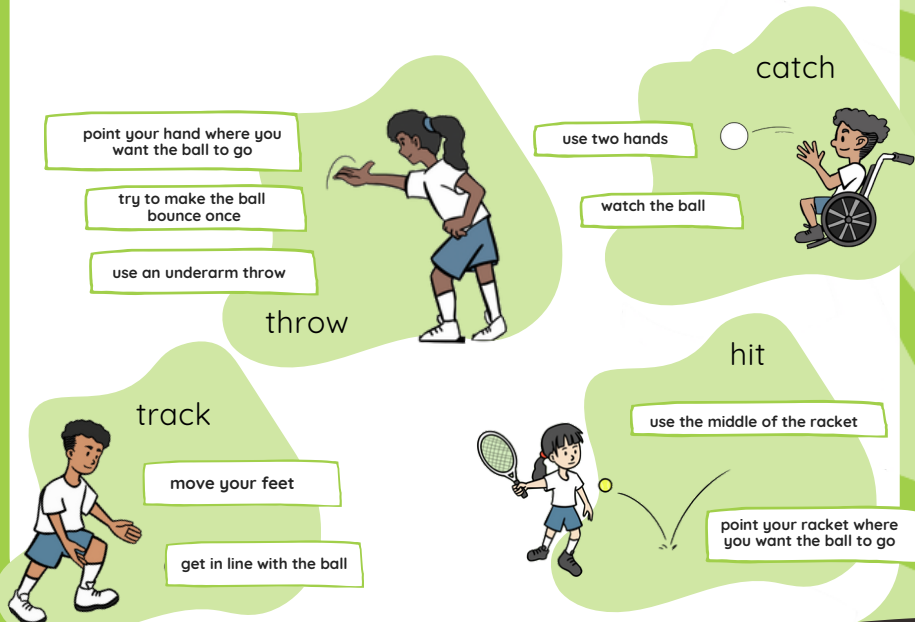
Knowledge Organiser

Net and Wall Games Year 1

About this Unit

Net and wall games are games where either a net separates the players or a wall is used. The object of these games is to hit the ball over the net and into the court space or against a wall to make it difficult for a partner to return.

Examples include tennis, badminton, volleyball, squash.



Key Vocabulary



| | |
|---------|----------------|
| net | ready position |
| partner | score |
| point | track |
| racket | underarm |



Ladder Knowledge



Hitting:

use the centre of the racket for control.

Feeding:

use an underarm throw to throw to a partner.

Rallying:

throwing/hitting to your partner with not too much power will help them to return the ball.

Footwork:

using a ready position will help you to move in any direction.

Movement Skills

- throw
- catch
- hit
- track

This unit will also help you to develop other important skills.

Social

support others, work safely, communication, co-operation

Emotional

perseverance, independence, determination

Thinking

comprehension, select and apply, reflection, identify areas of strength and areas for development, decision making

Rules

Rules help you to play fairly.

Tactics

Tactics are a plan that help us to do what we want to do when playing games.

Use a ready position

Send the ball away from a partner

Send the ball to one space then a different space

Track the ball as it comes towards you



Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Stay a safe distance from one another when using the racket.

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk



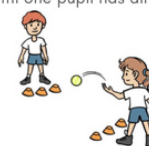
Hot Spots

What you need: two players, six markers and a ball



How to play:

- Stand five big steps apart and place three cones on the floor at your feet.
- Take turns trying to hit your partner's cones using an underarm throw.
- If you hit a cone, you take it and add it to your row.
- The game is played until one pupil has all of the cones.
- Make this easier by using a bigger ball.



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This unit will help you to:

- change direction quickly
- balance
- move different parts of your body at the same time
- be faster
- move for longer

Head to our youtube channel to watch the skills videos for this unit. [@getset4education136](https://www.youtube.com/@getset4education136)