

Net and Wall

Key Vocabulary for Net and Wall

Opponent – a player you are competing against
Receive – to gain possession of the ball
Trap – to stop the ball from leaving your possession
Defend – stopping the opponent from scoring points or scoring goals
Return – hitting the ball back to an opponent
Tactics – a plan you use to score points
Target – an area you are aiming to hit with your shot or throw

Key Knowledge for Net and Wall

Hitting: know to watch the ball as it comes towards me to help me to prepare to hit it.

Feeding: know to place enough power on a ball to let it bounce once but not too much so that my partner can't return it.

Rallying: know that sending the ball towards my partner will help me to keep a rally going.

Footwork: know that using a ready position helps me to react quickly and return/catch a ball.

Tactics: understand that applying simple tactics makes it difficult for my opponent.

Rules: know how to score points and follow simple rules.

Key Skills for Net and Wall

Hitting: develop hitting a dropped ball over a net.

Feeding: accurately underarm throw over a net to a partner.

Rallying: explore underarm rallying with a partner catching after one bounce.

Footwork: consistently use the ready position to move towards a ball.

Pillars

Motor Competence - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.

Rules, Strategies and Tactics - having an increasingly complex tactical knowledge, knowledge of context-specific rules, conventions, regulations and strategies and knowing how to be successful across a range of activities and sports.

Healthy Participation - understanding and demonstrating how to safely prepare and participate in increasingly specific contexts, and the short-term and long-term impacts of sport and physical activity.

PE Year 2: Summer 1

Key Questions

Net and Wall

Why do we need a ready position?

What is an opponent?

How can we make it difficult for them to catch a ball?

What makes a supportive teammate?

How can we control a ball with a racket?

How can we stop our partner from scoring?

How can we score points?

Athletics

How do we improve our sprinting technique?

How do we keep an even rhythm when jumping?

How do we change direction quickly?

What effect does jumping have on our bodies?

How do we jump higher?

What muscles are used for throwing?

How do we hit a target that is far away?

How does athletics help us stay healthy?

Athletics

Key Vocabulary for Athletics

Sprint – to run at the highest speed possible

Jog - to run at a pace that you can keep up for a long period of time

Distance – how far you have to travel or run

Take off – when the body leaves the floor during a jump in athletics

Overarm – throwing from the waist

Underarm – throwing from shoulder height

Accuracy – how close to the intended target your attempt is

Key Knowledge for Athletics

Running: know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.

Jumping: know that swinging my arms forwards will help me to jump further.

Throwing: know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object.

Rules: know how to follow simple rules when working with others.

Key Skills for Athletics

Running: develop the sprinting action.

Jumping: develop jumping, hopping and skipping actions. Explore safely jumping for distance and height.

Throwing: develop overarm throwing for distance.