

## Links to the PE National Curriculum

- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
- Pupils should be taught to play competitive games, modified where appropriate [for example badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.

### Key Skills: Physical

- Ready position
- Grip
- Forehand
- Backhand
- Serve
- Footwork

### Key Skills: S.E.T

- Social: Communication
- Social: Respect
- Social: Supporting and encouraging others
- Emotional: Confidence
- Emotional: Perseverance
- Emotional: Honesty
- Thinking: Using tactics
- Thinking: Selecting and applying skills
- Thinking: Identifying strengths and areas for development

### Key principles of net and wall games

#### Attacking

#### Defending

#### Score points

#### Limit points

#### Create space

#### Deny space

#### Placement of an object

#### Consistently return an object

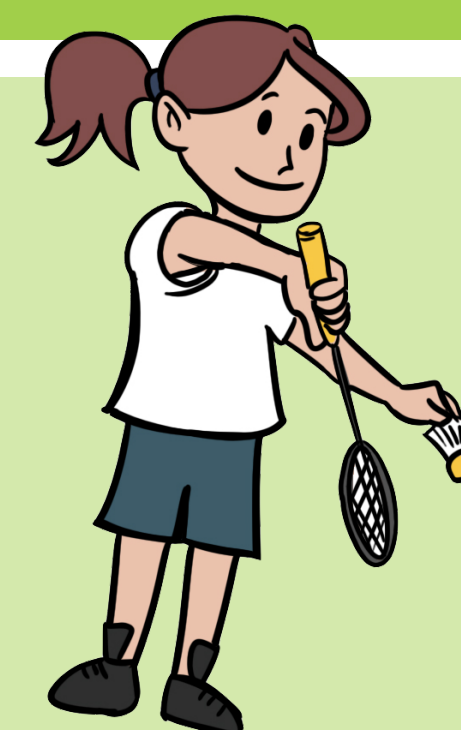


## How to score

- A match consists of the best of 3 games of 21 points per game.
- Every time there is a serve, there is a point scored.

### A player wins a point when :

- Opponent hits the shuttlecock into the net.
- Opponent hits the shuttlecock out of the court area.
- Opponent misses the shuttlecock and it lands on the floor in the court area.



## Key Vocabulary:

backhand

control

ready position

forehand

co-operatively

outwit

rally

return

serve

ready position

defensive

attacking

opponent

attacking

continuously

## Teacher Glossary

**Head face:** The head face of the racket is the part with the strings on, it is used to hit the shuttlecock.

**Chasse:** A chasse step allows a player to move and cover a short distance efficiently on the court.

**Baseline:** The line indicating the back of the court.

**Follow through:** Describes the path of the racket following it's contact with the shuttle. It is an important technique of producing controlled strokes.

**Defence:** Playing defensively generally means hitting shots upwards and lofty as it gives players time to recover.

**Forecourt:** The forecourt area is the front third of the court. It is the region between the short service line and the net.

**Backcourt:** The backcourt area is the section around the boundary lines in the back third of the court.