

# ST MARY'S CATHOLIC ACADEMY **NET AND WALL** KNOWLEDGE SKILLS AND VOCABULARY PROGRESSION



Physical Development Gross Motor Skills ELG		National Curriculum – In KS1 pupils should be taught to:		
<ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others</li> <li>Demonstrate strength, balance and coordination when playing</li> <li>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>		<ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>Participate in team games, developing simple tactics for attacking and defending</li> </ul>		
	EYFS (Ball Skills Unit 1 & 2 Games Unit 1 & 2)	YEAR 1 (Tennis)	YEAR 2 (Tennis)	
KNOWLEDGE	<p><b>Hitting:</b> know to point my hand/object at my target when hitting a ball.</p> <p><b>Feeding and rallying:</b> know to look at the target when sending a ball and watch the ball to receive it.</p> <p><b>Footwork:</b> know to use big steps to run and small steps to stop.</p> <p><b>Tactics:</b> make simple decisions in response to a task.</p> <p><b>Rules:</b> know that rules help us to stay safe.</p>	<p><b>Hitting:</b> know to use the centre of the racket for control.</p> <p><b>Feeding:</b> know to use an underarm throw to feed to a partner.</p> <p><b>Rallying:</b> know that throwing/hitting to my partner with not too much power will help them to return the ball.</p> <p><b>Footwork:</b> know that using a ready position will help me to move in any direction.</p> <p><b>Tactics:</b> know that tactics can help us to be successful when playing games.</p> <p><b>Rules:</b> know that rules help us to play fairly</p>	<p><b>Hitting:</b> know to watch the ball as it comes towards me to help me to prepare to hit it.</p> <p><b>Feeding:</b> 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.</p> <p><b>Rallying:</b> know that sending the ball towards my partner will help me to keep a rally going.</p> <p><b>Footwork:</b> know that using a ready position helps me to react quickly and return/catch a ball.</p> <p><b>Tactics:</b> understand that applying simple tactics makes it difficult for my opponent.</p> <p><b>Rules:</b> know how to score points and follow simple rules</p>	
SKILLS	<p><b>Hitting:</b> explore hitting a ball with hands and pushing with a racket.</p> <p><b>Feeding and rallying:</b> explore sending and tracking a ball with a partner.</p> <p><b>Footwork:</b> explore changing direction, running and stopping.</p>	<p><b>Hitting:</b> explore hitting a dropped ball with a racket.</p> <p><b>Feeding:</b> throw a ball over a net to land into the court area.</p> <p><b>Rallying:</b> explore sending a ball with hands and a racket.</p> <p><b>Footwork:</b> use the ready position to move towards a ball.</p>	<p><b>Hitting:</b> develop hitting a dropped ball over a net.</p> <p><b>Feeding:</b> accurately underarm throw over a net to a partner.</p> <p><b>Rallying:</b> explore underarm rallying with a partner catching after one bounce.</p> <p><b>Footwork:</b> consistently use the ready position to move towards a ball.</p>	
VOCAB	team space catch throw forward backward safely bounce	ready position partner net underarm score points	Receive quickly trap defend return collect defense	

# ST MARY'S CATHOLIC ACADEMY **NET AND WALL** KNOWLEDGE SKILLS AND VOCABULARY PROGRESSION



National Curriculum – In KS2 pupils should be taught to:				
	<ul style="list-style-type: none"> <li>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best</li> </ul>			
	YEAR 3 (Tennis)	YEAR 4 (Tennis)	YEAR 5 (Tennis)	YEAR 6 (Tennis)
KNOWLEDGE	<p><b>Shots:</b> know that pointing the racket face/my hand where I want the ball to go and turning my body will help me to hit accurately.</p> <p><b>Rallying:</b> know that hitting towards my partner will help them to return the ball easier and keep the rally going.</p> <p><b>Footwork:</b> know that moving to the middle of my court will enable me to cover the most space.</p> <p><b>Tactics:</b> know that using simple tactics will help to achieve an outcome e.g. if we spread out, we can cover more space.</p> <p><b>Rules:</b> know the rules of the game and begin to apply them</p>	<p><b>Shots:</b> understand when to play a forehand and a backhand and why.</p> <p><b>Rallying:</b> know that moving my feet to the ball will help me to hit in a more balanced position therefore increasing the accuracy of my shot.</p> <p><b>Footwork:</b> know that getting my feet in the right position will help me to balance before playing a shot.</p> <p><b>Tactics:</b> know that applying attacking tactics will help me to score points and create space. Know that applying defending tactics will help me to deny space, return a ball and limit points.</p> <p><b>Rules:</b> know and understand the rules to be able to manage our own game.</p>	<p><b>Shots:</b> know which skill to choose for the situation e.g. a volley if the ball is close to the net.</p> <p><b>Serving:</b> know that serving is how to start a game or rally and use the rules applied to the activity for serving.</p> <p><b>Rallying:</b> know that playing the appropriate shot will help to keep the rally going. Know that control is more important than power to keep a rally going.</p> <p><b>Footwork:</b> know that using small, quick steps will allow me to adjust my stance to play a shot.</p> <p><b>Tactics:</b> understand the need for tactics and identify when to use them in different situations.</p> <p><b>Rules:</b> understand and apply rules in a variety of net and wall games whilst playing and officiating.</p>	<p><b>Shots:</b> understand the appropriate skill for the situation under pressure eg. choosing to play the ball short over the net if I have just moved my opponent to the back of the court.</p> <p><b>Serving:</b> begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point.</p> <p><b>Rallying:</b> understand how to play different shots depending on if a rally is co-operative or competitive.</p> <p><b>Footwork:</b> know that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot.</p> <p><b>Tactics:</b> understand when to apply some tactics for attacking and/or defending.</p> <p><b>Rules:</b> understand, apply and use rules consistently in a variety of net and wall games whilst playing and officiating</p>
SKILLS	<p><b>Shots:</b> explore returning a ball using shots such as the forehand and backhand.</p> <p><b>Rallying:</b> explore rallying using a forehand.</p> <p><b>Footwork:</b> consistently use and return to the ready position in between shots</p>	<p><b>Shots:</b> demonstrate technique when using shots playing co-operatively and beginning to execute this competitively.</p> <p><b>Rallying:</b> develop rallying using both forehand and backhand with increased technique.</p> <p><b>Footwork:</b> begin to use appropriate footwork patterns to move around the court.</p>	<p><b>Shots:</b> develop the range of shots used in a variety of games.</p> <p><b>Serving:</b> develop the range of serving techniques appropriate to the game.</p> <p><b>Rallying:</b> use a variety of shots to keep a continuous rally.</p> <p><b>Footwork:</b> demonstrate effective footwork patterns to move around the court.</p>	<p><b>Shots:</b> demonstrate increased success and technique in a variety of shots.</p> <p><b>Serving:</b> serve accurately and consistently.</p> <p><b>Rallying:</b> successfully apply a variety of shots to keep a continuous rally.</p> <p><b>Footwork:</b> demonstrate a variety of footwork patterns relevant to the game I am playing.</p>
VOCA	serve accurately track racket control rally opponent	receiver outwit court backhand forehand	volley footwork set tactics cooperatively continuously dig	deep forecourt defensive consecutive consistently back court attacking