

# RUBRIC – Net and Wall Games

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## Unit Overview:

This unit of study gives pupils the opportunity to engage with activities which develop hand eye coordination initially and then support the development of a competitive game using rackets, nets, tables and projectiles. Pupils will experience differentiated activities which enable them to develop their understanding of how to use a racket/bat to send the projectile in the desired direction. Pupils will develop an awareness of how to move around the playing area to track the ball to ensure they can send it back across the net. Pupils will develop an understanding of the rules and regulations associated with the games they play as well as working on tactical awareness.

## **RRSA:**

- I have the right to play, have fun, do sport and relax; and I should include everybody in my activities and games
- I have the right to a good quality education
- I have the right to try new things

## Unit Learning Objectives:

- Pupils will develop an understanding of how to play games using a net, table, hand, racket, bat, ball and shuttle cock.
- Pupils will develop their understanding of how to hit a projectile towards a specific target
- Pupils will develop their awareness of the need to move around the playing area to meet the projectile to return it
- Pupils will engage in adapted games to try and maintain a rally and/or score points against an opponent.
- Pupils will develop team working skills using key communication to send and receive projectiles.
- Pupils will develop tactical awareness of net wall games i.e. where to stand, where to return the projectile, how to read opponent movement.

## Cross curricular links:

- PSHCE
- ICT
- Maths
- English
- Physical Education

<b>Key Knowledge Concepts</b>	<b>OU Progression Step 8</b>	<b>OU NC Step 1</b>	<b>OU NC Step 2</b>	<b>OU NC Step 3</b>	<b>OU NC Step 4</b>
	Pupils show an understanding of when they have scored a point during adapted games	Pupils understand that points are scored when they play a game in net/wall sports	Pupils are aware of the scoring systems in net/wall games. They understand that every time the game starts, they can use/receive an adapted serve	Pupils evaluate their own and others' areas for development and strengths and give suitable feedback to support other students	Pupils understand all the rules of net/wall sports and can follow them to play games against others as well as provide rules to those who do not know them
	Pupils demonstrate the correct way to hold a racket/bat	Pupils are aware of the terms forehand and backhand and can demonstrate each skill in isolation	Pupils can watch shots and make comments on what went well and what needs to be developed	Pupils play a game of tennis on a full size court and understand the majority of the rules given	Pupils have good knowledge of tactical play and can assess basic skills of their opponent to try and discover how to beat them
	Pupils are aware of the need to move round the playing area to hit the ball	Pupils show an awareness of moving around the court to meet the projectile	Pupils understand that they have to move towards/away from the ball to hit it over the net during a rally	Pupils understand the techniques used to release the projectile and hit it with the racket/bat to send it over the net as a serve	Pupils understand how to assess and evaluate the performance of others and provide at least one suitable training method to develop the skill
	Pupils understand that they move the racket/bat to meet the projectile to send it back	Pupils are able to play adapted games of tennis to hit balls towards specific areas/targets to score points	Pupils develop their ability to choose the correct shot when playing net/wall games. They are aware of the different amounts of power needed to hit the ball over a net from various distances	Pupils understand how to position themselves to hit the ball using the forehand/backhand or overhead shots when required.	Pupils make the right decisions when hitting the ball during a game and choose the correct shots to make it hard for their opponent
	Pupils use the correct technique to throw and catch a projectile.				Pupils move around the court and can read players' body language to predict where the shot may go.

<b>Key Skill Concepts</b>	<b>OU Progression Step 8</b>	<b>OU NC Step 1</b>	<b>OU NC Step 2</b>	<b>OU NC Step 3</b>	<b>OU NC Step 4</b>
	<p>Pupils will play adapted games hit adapted projectiles towards targets to score points</p> <p>Pupils are able to demonstrate a forehand and backhand shot in isolation</p> <p>Pupils can hit a projectile towards a target using a racket, paddle or my hand</p> <p>Pupils are able to catch and send an adapted projectile with a partner</p>	<p>Pupils have developed their hand eye co-ordination to hit a ball over a net using a racket, paddle or their hand</p> <p>Pupils can catch and feed the ball with a partner appropriately and is beginning to use a racket to send it</p> <p>Pupils will move towards the ball ensuring their racket/bat is ready to return the projectile.</p>	<p>Pupils are able to hit the projectile over the net and understand the term 'rally'.</p> <p>Can play with a partner to hit the ball or make it more competitive and try to hit the ball past them using different shots</p> <p>Pupils demonstrate an increased range of shots to outwit/beat opponents</p>	<p>Pupils hit the ball with various amounts of power, varying the speed, height and direction to outwit their opponent</p> <p>Pupils can serve a ball using underarm technique and is using overarm technique on some occasions</p> <p>Pupils are able to play shots on both sides of the body and above their head in isolation and incorporate this into a game situation on some occasions</p>	<p>Pupils can serve accurately the majority of the time and is consistently using the correct serve type.</p> <p>Pupils are able to serve the projectile to specific areas of the court</p> <p>Pupils engage in games of tennis and show the skill required to hit, serve and move around the court using their own techniques and tactics.</p>

<b>Key Sports</b>	<b>Suggested Learning Activities – Adapted into games and differentiated for pupil need where applicable</b>
Tennis	<ul style="list-style-type: none"> <li>• Throwing the ball (adapted) towards a partner to develop power, body positioning and court movement</li> <li>• Develop accuracy using a racket by hitting towards specific targets</li> <li>• TGfU – using adapted game to focus on specific skills required in tennis</li> <li>• Developing forehand and backhand shots with/without a racket</li> <li>• Keeping score of games using a basic scoring system</li> </ul>
Badminton	<ul style="list-style-type: none"> <li>• Sending the shuttlecock over a higher net</li> <li>• Working alongside others to play a game of throw and catch with the shuttle cock</li> <li>• Isolated skill sessions to work on shot selection and development i.e. forehand, backhand, overhead clear, serve</li> <li>• How to move quickly around the court to return a shuttle</li> </ul>
Table Tennis	<ul style="list-style-type: none"> <li>• Hitting the ball with the right amount of power – target games</li> <li>• Playing without a net to get used to the playing area</li> <li>• Holding the paddle correctly to return the ball and hit in specific directions.</li> <li>• Moving around the table safely</li> </ul>

#### Online Resources

<https://www.badmintonengland.co.uk/>

<https://tabletennisengland.co.uk/>

[www.lta.org.uk](http://www.lta.org.uk)

<p>Pupils working under P8 will be assessed in Physical Literacy. Physical Literacy will be assessed across 5 levels starting from P4 – P8. In Physical Literacy pupils will be assessed across 6 different areas which are Movement, Co-Operation, Compete, Analysis &amp; Evaluation, Using Skills &amp; Techniques and Challenge</p>	
Movement	<p>This area will have a focus of pupil movement during games and activities in PE. Pupils will show a knowledge and understand of direction of movement, different movement patterns and speeds of movements using their limbs.</p> <p>Examples</p> <p>OU P Step 4 – Exploring/Moving around a space and pieces of equipment      OU P Step 5 – Following a pre-determined routine with support      OU P Step 6 – Moving in a variety of different ways during activities      OU P Step 7 – Moving body parts and showing co-ordination skills      OU P Step 8 - Repeating a series of movements and creating their own movement patterns</p>
Co-Operation	<p>This area will have a focus on pupil's ability to share equipment, understanding of rules, working with others, to participate co-operatively and to show respect to others.</p> <p>Examples</p> <p>OU P Step 4 – Request a symbol/piece of equipment and share this      OU P Step 5 – Wait patiently for their turn during group games/activities      OU P Step 6 – Can participate with another pupil towards a common goal      OU P Step 7 – Show awareness of respect towards others during games/activities      OU P Step 8 - Playing by specific set of rules and identifying who's turn it is next</p>
Compete	<p>This area will have a focus on pupils completing tasks when instructed, showing enjoyment, being competitive, use support from staff to implement skills, participate in competitive situations/games and to play against others</p> <p>Examples</p> <p>OU P Step 4 – Able to follow 1 rule from staff during games      OU P Step 5 – Play unsupported against a class mate      OU P Step 6 – Participate in some sort of competitive game/environment</p>

	<p>OU P Step 7 – Becoming aware playing competitive sports in not always about winning      OU P Step 8 – Attempts to play within the rules</p>
Analysis & Evaluation	<p>This area will focus upon pupils ability to evaluate and analyse performance, is aware of lessons and structures, able to use symbols to identify items, understand the changes to their body and to comment/communicate on topics in PE</p> <p>Examples</p> <p>OU P Step 4 – Able to repeat an action which has been modelled by staff      OU P Step 5 – Is aware of the subject and can identify the topic in PE      OU P Step 6 – Able to demonstrate a basic skill they have learned      OU P Step 7 – Participate in video analysis and comment on the skill      OU P Step 8 – Responds to feedback received from staff</p>
Using Skills & Techniques	<p>In Using Skills and Techniques pupils will develop their ability to apply skills to a game/activity, show some control when performing skills, follow instructions, transfer skills from isolation into games and use a range of equipment</p> <p>Examples</p> <p>OU P Step 4 – Can respond to a simple verbal command      OU P Step 5 – Repeat an activity at least 3 times in a row      OU P Step 6 – Send a ball/quoit in a specific direction      OU P Step 7 – Practice a skill and apply co-ordination      OU P Step 8 – Independently use a range of equipment to complete a task</p>
Challenge	<p>This area will focus on pupils developing skills and knowledge based around remained interested/engaged in activities, recognising and matching equipment/symbols, solving challenges, using skills for success, engaging in familiar and unfamiliar activities and working independently and supported when necessary.</p> <p>Examples</p> <p>OU P Step 4 – To select at least 1 piece of equipment for specific game/task      OU P Step 5 – Select symbols and collect correct equipment      OU P Step 6 – Follow verbal/visual instruction to complete a team task      OU P Step 7 – Use skills in a game/activity which brings success      OU P Step 8 – Recognise a range of equipment and share what equipment is used for</p>

