

RUBRIC – Net and Wall Games

Updated by Shannon Moloney September 2023

| Curriculum intent: | | Physical Education at North Ridge High School should contribute to pupils’ physical, cognitive, social and emotional development, as well as playing an important role in their spiritual, moral and cultural development. The P.E. curriculum is broad and balanced to increase pupils’ self-confidence in their ability to manage themselves and their bodies within a range of movement situations. Through a variety of individual, paired and group activities, the different strengths, needs and preferences of each pupil will be catered for using differentiated physical activities. All pupils will be provided with the opportunity to move, be active, develop skills and improve communication and self-esteem. Additionally, through providing positive experiences within the P.E. curriculum, a lifelong interest in physical activity is encouraged. | | |
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| End of KS3 intent/outcome | | End of KS4 intent/outcome | | |
| By the end of KS3, pupils will have developed their understanding of how to play tennis, table tennis and badminton. They will know how to hold a racquet correctly and how to hit a ball towards a specific target or desired location. Pupils will develop their awareness of the skills and understanding needed when serving, receiving and attacking and will engage in adapted games to try and understand basic concepts/tactics. | | By the end of KS4, pupils will have built further on understanding and skills developed throughout KS3. They will have developed a better understanding of rules and regulations when playing adapted net, wall and racquet games and they will have developed tactical awareness during games including but not limited to, where to hit the ball, where to return the ball to, how much power to use. Pupils will also have developed team work skills, including communication and turn taking. | | |
| Intent for topic: | | 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 various racquets and adapted equipment. Pupils will experience differentiated activities which enable them to develop their understanding of how to select the correct equipment and how to serve and return in their desired direction. Pupils will develop an awareness of how to move around a court and will explore numerous positions during competitive and non-competitive games. Pupils will develop an understanding of the rules and regulations associated with the games they play as well as working on tactical awareness to outwit opponents. Some pupils will be given the opportunity to umpire games. | | |
| Key vocabulary for subject: | | Warm-up, stretch, prepare, movement, fitness, competition, cool-down | | |
| Key vocabulary for this topic: | | Tennis, table-tennis, badminton, racquet, shuttlecock, ball, net, court, table, serve, return, power, accuracy | | |
| Prior knowledge: what pupils may already have studied | | | | |
| Key stage | Subject | Topic title | Term/year taught | Content/What might pupils already know? |
| KS3 | PE | Badminton | Year1 Autumn2 | Pupils will have gained skills in holding a racquet, in being on a court and in using court guidelines. Students may have taken part in adapted games of 1v1 or 2v2 and so may have some understanding of scoring and point keeping. Students may have learnt how to serve and receive a serve, and how to return a serve played towards them. Students may have gained skills in using power and accuracy when serving. |

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| KS3 | PE | Tennis | Year2 Spring2 | Pupils will have gained skills in holding a racquet, in being on a court and in using court guidelines. Students may have taken part in adapted games of 1v1 or 2v2 and so may have some understanding of scoring and point keeping. Students may have learnt how to serve and receive a serve, and how to return a serve played towards them. Students may have gained skills in using power and accuracy when serving. |
| KS3 | PE | Table Tennis | Year3 Autumn2 | Pupils will have gained skills in holding a racquet, in being on a court and in using court guidelines. Students may have taken part in adapted games of 1v1 or 2v2 and so may have some understanding of scoring and point keeping. Students may have learnt how to serve and receive a serve, and how to return a serve played towards them. Students may have gained skills in using power and accuracy when serving. |
| KS4 | PE | Volleyball | Year | Pupils will have gained skills in holding a racquet, in being on a court and in using court guidelines. Students may have taken part in adapted games of 1v1 or 2v2 and so may have some understanding of scoring and point keeping. Students may have learnt how to serve and receive a serve, and how to return a serve played towards them. Students may have gained skills in using power and accuracy when serving. |
| Links to other subjects: PSHCE, ICT, Maths, English | | | | |
| RRSA: <ul style="list-style-type: none"> • I have the right to play, have fun, do sport and relax; and I should include everybody in my activities and games. <ul style="list-style-type: none"> • I have the right to a good quality education. • I have the right to try new things. | | | | |
| Links to Equality & Diversity: | | | | |

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

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| Key Knowledge | OU P8 | OU Step 1 | OU Step 2 | OU Step 3 | OU Step 4 |
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| <p>Concepts</p> | <p>Understands that a racket/bat/hand is used for each game in net wall sports</p> <p>Understands points are scored during adapted games</p> <p>Understands that the projectile is hit over a net into their opponents court</p> <p>Understands they must move the racket/bat/hand towards the projectile or block the projectile to hit it</p> <p>Knows that they play against somebody when playing net wall sports</p> | <p>Is aware of the terms forehand and backhand and can recognise each skill when somebody else hits it</p> <p>Understands that points are scored when they play net /wall games</p> <p>Is aware of at least one rule when playing net/wall games e.g. you cannot lean on the table when playing</p> <p>Understands the link between their hand and eye when playing net wall games e.g. looking at the projectile and moving their racket/bat towards it</p> | <p>Understands that they have to move towards/away from the projectile to hit it over the net during a rally</p> <p>Is aware of the scoring system in net wall games e.g. (15,30,40, deuce, advantage and game).</p> <p>Understand that every time the game starts, they can use/receive an adapted serve</p> <p>Understands different types of shots can be used to make their opponent move around the court e.g. overhead clear, smash, directional shots</p> | <p>Is aware of the majority of the rules used in net wall games and can play within them when supported by an umpire to make the correct decision in relation to scoring points</p> <p>Understands there are different tactics used when playing net wall games</p> <p>Understands that to improve their game they can use video analysis or feedback to make improvements</p> <p>Understands each net/wall game uses different rackets/bats and nets</p> | <p>Understands that net/wall game point starts with a serve, they stand in the correct position and serve in the correct direction e.g. Front inner corner of the service box, diagonally across the court</p> <p>Has a very good awareness of tactical play</p> <p>Is aware of all the rules of net/wall games</p> <p>Understands that to improve their performance they have to practice and training specific skills</p> |
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| <p>Key Skill Concepts</p> | <p>OU P8</p> <p>Is able to hit a ball towards a target using a racket, paddle or their hand</p> <p>Is able to hit the ball off their paddle/hand/bat/racket in isolation at least twice before it bounces on the floor</p> <p>Is able to hit the ball against a wall using their paddle</p> | <p>OU Step 1</p> <p>Is able to catch and feed the projectile with a partner appropriately and is beginning to use a racket to send it</p> <p>Can hit a ball over a net using a racket, paddle or their hand</p> <p>Can hit an adapted projectile over low net using a racket,</p> | <p>OU Step 2</p> <p>Is able to hit the ball over the net and understand the term 'rally'.</p> <p>Can play with a partner to hit the ball of make it more competitive and try to hit the ball past them using different shots</p> <p>Has developed their ability to choose the correct shot when playing. They are</p> | <p>OU Step 3</p> <p>Is 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>Can follow the specific rules of each net/wall game they play e.g. shows an understanding that you only score a point if you serve in badminton.</p> | <p>OU Step 4</p> <p>Is able to assess and evaluate the performance of others and provide at least one suitable training method to develop the skill</p> <p>Is able to create an advantage during gameplay by playing shots to certain areas of the table e.g. plays the ball long so the opponent has to retreat to</p> |
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| | <p>and/or hand in isolation</p> <p>Is able to catch and send an adapted ball and/or shuttle with a partner</p> <p>Is able to play an adapted game against an opponent which uses at least one rule of play e.g. the table has sides and there is no net and a point is scored when the ball drops off your opponents end</p> <p>Is able to demonstrate a forehand and backhand shot in isolation</p> <p>Is able to play adapted games to hit adapted balls towards targets to score points</p> | <p>paddle or their hand</p> <p>Is able to demonstrate the forehand and backhand at least 3 times in isolation</p> <p>Is able to play adapted games to send projectiles towards specific areas/targets to score points</p> <p>Is able to control the ball on their paddle/racket in isolation during practice and skill development games e.g. can walk around a space with the projectile balanced on the paddle</p> <p>Is able to use a forehand and/or backhand shot to hit a projectile towards the other side of the court/table in isolation on at least 3 occasions using adapted game play e.g. there is no net</p> | <p>aware of the different amounts of power needed to hit the projectile over a net from various distances</p> <p>Is able to analyse shots in isolation and comment on what went well and what needs to be developed</p> <p>Is able to serve a ball using the correct technique to both front and back of the court/table</p> <p>Is able to hit the ball over the net towards an opponent and maintain a rally for at least 5 shots where the ball can bounce more than once if required (tennis and table tennis)</p> <p>Is able to play a simplified version of the game against an opponent using the correct setup and equipment e.g. a regular table, net, regulation balls and paddles.</p> | <p>Is able to hit the projectile with various amounts of power, varying the speed, height and direction to outwit their opponent</p> <p>Is able to play a game on a full size court/table and understand the majority of the rules given</p> <p>Is able to evaluate their own and others areas for development and strengths and give suitable feedback to support other students</p> <p>Is experimenting with different shot types which effect the trajectory and speed of the ball e.g. slice, top spin</p> <p>Is able to watch video analysis of others and give reasons why they think a shot worked well and what might need improvement</p> <p>Is able to serve the ball using the correct technique and the majority of the time is successful with their first serve</p> | <p>return</p> <p>Is able to choose which shot to undertake to try to outwit their opponent during a game</p> <p>Is able to develop short coaching drills to improve performance of others working to a set criteria e.g. this player needs to develop their ability to serve over a</p> <p>Is able to refine their shot technique in isolation and is using an increased shot repertoire to outwit their opponents during gameplay</p> <p>Is able to analyse video assessment and talk about how to refine the skills of others and give at least one way they can do this through practice</p> <p>Is able to serve accurately the majority of the time and is consistently using the correct serve.</p> |
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Key Sports

Suggested Learning Activities – Adapted into games and differentiated for pupil need where applicable

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| Tennis | <ul style="list-style-type: none"> • Self control games -balancing the projectile while moving in small areas • Bounce and control games (where applicable) • Aiming at targets over varying distances • Playing adapted games using smaller courts, no net adapted equipment • Include hoops/ wall targets for different control games • 1:1 rally practice without outwitting the opponent |
| Table Tennis | <ul style="list-style-type: none"> • Balancing the ball in small spaces • Pushing the ball across the table in collaborative rallies • Aiming at areas of the table (cup games) • Changing body position – sending the ball towards opposite sides to practice forehand/backhand • Adapted scoring games for LA • Inclusion of rules throughout |
| Badminton | <ul style="list-style-type: none"> • Use of different projectiles to support development (balloons) • Hitting the shuttle at specific areas for target games (hoops) • Shot focus games – only use... • 1:1 rally games with various shots |

Online Resources

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

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

www.lta.org.uk