



Year 7 Net/Wall

6 Lessons

**Aims:** In these unit students will focus on replicating and developing techniques as well as implementing and refining strategic play to outwit opponents. Pupils will be able to demonstrate the essential elements of attack and defence. In net games, it is the player aim to get the ball to land in the target area so that the opponent cannot return it.

Key Skills	Literacy Links:	Numeracy Links:
<ul style="list-style-type: none"> <li>⊕ <b>Outwitting an opponent:</b> Pupils will identify different areas of the court and be able to move between these areas using a variety of techniques. Pupils will understand how to outwit opponents using strategies and tactics during game play. Pupils will learn and perform basic badminton skills with accuracy and control. Continual development and adaptation of the necessary skills will contribute to producing an improved performance.</li> <li>⊕ <b>Developing Physical and Mental Capacity:</b> Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. Use badminton skills to develop observation skills on peer performances, skills and techniques as well as observing the use of tactics. Ask questions about the effectiveness of these tactics.</li> <li>⊕ <b>Developing Skills/Performance:</b> Pupils will develop the skills necessary to outwit opponents. Pupils will replicate strokes and shots with control and accuracy. Serves, overhead clears (forehand &amp; backhand), drop shots &amp; smashes will be developed through game play and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.</li> <li>⊕ <b>Making and Applying Decisions:</b> Pupils should be able to recognise the importance of responding to changing situations within the game in attack and defence. Pupils will be constantly faced with strategic and tactical decisions based on movement of the shuttle into space and choice of skill execution. Opportunities to score/coach pupils will develop communication and decision making skills.</li> <li>⊕ <b>Making Informed Choices About Healthy, Active Lifestyle.</b> Suggest badminton clubs within the school and promote community links. Highlight clubs based fitness and the necessary components of fitness needed. <i>i.e. coordination.</i> Develop a deeper understanding of stretches for all major muscle groups and those specific to badminton. Discuss the major benefits of being healthy and living an active lifestyle both in and out of school</li> <li>⊕ <b>Evaluating and Improving:</b> Pupils will evaluate their own and others strength and weaknesses in netball and suggest area for improvement. (Peer coaching, 'what makes good' questioning/demos &amp; targeted differentiated questioning).</li> </ul>	<p>Through the activities in this unit pupils will be able to understand, use and spell correctly words relating to:</p> <ul style="list-style-type: none"> <li>• tactics and techniques, <i>e.g. angles, forehand, backhand, overhead clears, serve, net shot, lunge, spilt step, smash, spike, set, volley staying in the rally, finishing the rally, tactics, game plan, success criteria, officiating/umpiring, captaincy, adjustments/variations, anticipation, fitness</i></li> </ul> <p>Speaking and listening – through the activities pupils could:</p> <ul style="list-style-type: none"> <li>• solve a problem, consider alternatives, structure plans and organise group activity.</li> </ul>	<p>Implementation of Scoring systems</p> <p>Assessment, <i>e.g. collecting and analyzing data</i></p>
<p><b>Assessment</b></p>	<p><b>Cross-Curricular Links</b></p>	
<ul style="list-style-type: none"> <li>⊕ Q &amp; A, Formative and summative assessment.</li> </ul>	<ul style="list-style-type: none"> <li>⊕ Literacy (key words), Maths (scoring), Citizenship (sportsmanship), Science (bodily functions and healthy lifestyle consequences)</li> </ul>	
<p><b>Opportunities for further learning</b></p>	<p><b>SMSC opportunities and British values</b></p>	
<p>Homework is not set for P.E in Year 7. However, students are encouraged to practice in their own time and attend extra-curricular clubs to improve their performance. Students should be encouraged to:</p> <ul style="list-style-type: none"> <li>• practice skills at home and take part in school sport, either competitively or socially</li> <li>• join clubs in the community and/or use local facilities</li> <li>• watch live and recorded matches, to appreciate high-quality performance</li> <li>• make up games that focus on improving technique and fitness</li> <li>• read rule books and sports reports in newspapers and magazines</li> </ul>	<ul style="list-style-type: none"> <li>⊕ Encourages students to accept responsibility for their behaviour &amp; show initiative.</li> </ul>	