

Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- They should be able to engage in competitive (both against self and against others) physical activities.
- Pupils should be taught to 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.
- Pupils should be taught to participate in team games, developing simple tactics for attacking and defending.

Key Skills: Physical

- Throwing
- Catching
- Hitting a ball
- Tracking a ball

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**

Examples of Net and Wall Games

Tennis Badminton Volleyball



Key Vocabulary:

Year 1

- safely
- ready position
- partner
- score
- racket
- net
- underarm
- space
- points



Teacher Glossary

Trap: To stop or trap a rolled ball on the floor using a tennis racket

Ready position: Feet shoulder width apart, knees bent, used to be able to move to the ball quickly