

LEARNING OBJECTIVES

Children should learn:-

- to develop the range and consistency of their skills in tennis and volleyball activities.
- to release the ball from different angles and send it at different angles
- to work in pairs or small groups to develop attack and defence in net games
- to evaluate performance and explain what needs improving.

9-10 YEARS (YEAR 5) – UNIT 1

NET / COURT / WALL GAMES

UNIT FRAMEWORK

- (a) Vigorous warm-up activities to develop mobility and spatial awareness.
- (b) Revision of net / wall / court work from year 4.
- (c) Develop striking skills with bats and racquets over a net and at targets..
- (d) Explore, receiving from different angles and sending into different angles on the court – attacking and defensive strategies.
- (e) Develop a range of game situations – co-operative, competitive and creative.
- (f) Develop and extend skills of striking a large ball over a high net – “volley” and “dig”.
- (g) Play a basic volley ball mini-game – aiming into spaces and further develop attacking and defending strategies.

Games concepts and detailed teaching points for any specific skills in this unit may be found at the rear of the manual p261 onwards.

Suggestions for integrating Top Play and Top Sport cards may be found at p293 onwards.

EXPECTED LEARNING OUTCOMES

9-10 YEARS (YEAR 5) – UNIT 1

By the end of this unit most children will be able to:-

- (a) play shots on both sides of the body and from above the head with reasonable control.
- (b) understand how to position their bodies to receive a ball coming from different heights and angles.
- (c) recognise where there are spaces on an opponent's court and try to hit into them.
- (d) recognise which things they need to practise more.
- (e) understand and apply net / court / wall principles to a range of small sided games (1 v 1, 2 v 2, 3 v 3).

Children should also be guided continuously to:-

- combine and perform skills with control.
- use attacking and defending skills appropriately in games and be an effective team member.
- recognise their own and others' strengths and weaknesses in games and suggest ideas that will improve the performance.
- understand the safety needs of an activity and know what types of fitness are most important for games.