



PE - Knowledge Organiser

Spring 2 – Year 2 – Multi Skills (Net and Wall)



Knowledge Organiser Net and Wall Games Year 2

About this Unit

Net and wall games are games where either a net separates the players or a wall is used. The object of these games is to hit the ball over the net and into the court space or against a wall to make it difficult for a partner to return. Examples include tennis, badminton, volleyball, squash.



Ready position:

- knees bent
- feet apart
- racket in front

Helps you to move to the ball and defend your space.



Ladder Knowledge



Hitting:
watch the ball as it comes towards you to help you to get ready to hit it.

Feeding:
use enough power when throwing to let the ball bounce once before your partner returns it.

Rallying:
sending the ball towards your partner will help you to keep a rally going.

Footwork:
using a ready position helps you to react quickly and return/catch a ball.

Movement Skills

- throw
- catch
- hit
- track

This unit will also help you to develop other important skills.

Social
Emotional
Thinking

- co-operation, respect, support others
- honesty, persevere
- select and apply, reflection, decision making, comprehension

Rules

Know how to score points for each game and follow simple rules.

Tactics

- Using tactics makes it difficult for my opponent.
- Attacking tactics**
- Hit or throw the ball away from your opponent
 - Make quick decisions about where to hit/throw

- Defending tactics**
- Use a ready position to react quickly
 - Return to the middle of your space after hitting/throwing

Healthy Participation

- Make sure any unused equipment is stored in a safe place.
- Stay a safe distance from one another when using the racket.

Powerful Knowledge

- | | |
|---------|----------------|
| against | ready position |
| defend | receive |
| partner | return |
| point | trap |
| quickly | |



If you enjoy this unit why not see if there is a club in your local area that plays a net and wall game. This could be a tennis, badminton, volleyball club.



This unit will help you to:

- change direction quickly
- balance
- move different parts of your body at the same time
- be faster
- move for longer

Head to our youtube channel to watch the skills videos for this unit. @getset4education136

Home Learning
Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Catch Tennis

What you need: two players, three markers and a ball.

How to play:

- Create a path through the middle using your markers.
- Stand on either side of the net.
- Take turns to throw underarm over the net.
- Try to catch the ball before it bounces twice.

To win a point:

- Partner throws the ball and it bounces on their side of the net first.
- Partner does not catch the ball before it bounces twice.

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