



# PE - Knowledge Organiser

## Spring 2 – Year 1 – Multi Skills (Net and Wall)

### Knowledge Organiser

## Net and Wall Games Year 1

#### 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.

**throw**  
point your hand where you want the ball to go  
try to make the ball bounce once  
use an underarm throw

**catch**  
use two hands  
watch the ball

**hit**  
use the middle of the racket  
point your racket where you want the ball to go

**track**  
move your feet  
get in line with the ball

#### Ladder Knowledge

Hitting:	Feeding:	Rolling:	Footwork:
use the centre of the racket for control.	use an underarm throw to throw to a partner.	throwing/hitting to your partner with not too much power will help them to return the ball.	using a ready position will help you to move in any direction.

#### Movement Skills

- throw
- catch
- hit
- track

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

- Social** support others, work safely, communication, co-operation
- Emotional** perseverance, independence, determination
- Thinking** comprehension, select and apply, reflection, identify areas of strength and areas for development, decision making

#### Rules help you to play fairly.

Tactics are a plan that help us to do what we want to do when playing games.

Use a ready position

Send the ball away from a partner

Send the ball to one space then a different space

Track the ball as it comes towards you

#### 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

net	ready position
partner	score
point	track
racket	underarm

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

#### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

#### Hot Spots

What you need: two players, six markers and a ball

How to play:

- Stand five big steps apart and place three cones on the floor at your feet.
- Take turns trying to hit your partner's cones using an underarm throw.
- If you hit a cone, you take it and add it to your row.
- This game is played until one player has all of the cones.
- Make this easier by using a bigger ball.

[www.getset4education.co.uk](http://www.getset4education.co.uk)

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