

Year 1 Swans

PE

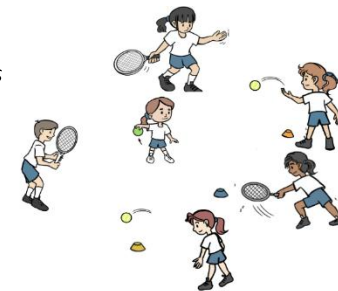
Summer 2

Net & Wall Games

Striking & Fielding

Net and Wall Games

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.



Top Tips

- * Use the centre of the racket for control.
- * Use an underarm throw with not too much power will allow your partner to return the ball.
- * Using a ready position will help you move in any direction.

	Key Vocabulary	Definition
Net & Wall Games	aim	To point at a target.
	face	The part of the racket with the frame and strings.
	grip	How you hold the racket.
	handle	The part of the racket that you grip.
	head	The top section that holds the strings and makes contact with the ball.
	opponent	The person you are playing against.
	rally	To hit the ball back and forth continuously.
	score	To keep count of who is winning the game.
Striking & Fielding	batter	The person whose turn it is to strike the ball.
	bowler	The person who bowls (throws) the ball to the batter.
	fielder	The person whose job it is to catch / collect the ball.
	fielding	To catch / collect the ball once it has been hit by the batter.
	overarm	To throw with the hand passing above the level of the shoulder.
	striking	To hit something with force e.g. the ball with the racket.
	underarm	To throw with the hand remaining under shoulder level.

Knowledge Ladder



Hitting:

use the centre of the racket for control.

Feeding:

use an underarm throw to throw to a partner.

Rallying:

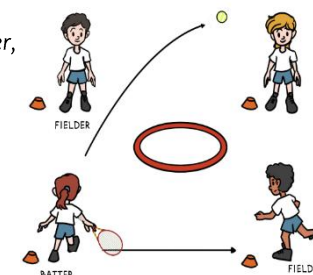
throwing/hitting to your partner with not too much power will help them to return the ball.

Footwork:

using a ready position will help you to move in any direction.

Striking and Fielding

Striking and fielding games are games where there are two teams, one, the batting team, try to score points and the other, the fielding team, try to stop the batting team from scoring. Examples include cricket and rounders.



Sending and Receiving Top Tips

- * Face your body towards your target when sending to help you to balance.
- * Look at your partner before sending the ball.
- * Watch the ball as it comes towards you.

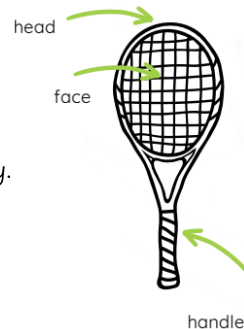
Warm up and Cool down

Warming up is important because it helps to reduce the amount of injuries which can be caused by playing sport. Cooling down is important because it helps to gradually reduce heart rate and stretch out the muscles which have been used during exercise.



Tennis Racket

It's important to take care of the equipment and use it in the right way. It's also important to hold the racket correctly.



Knowledge Ladder



Striking:

the harder you strike, the further the ball will travel.

Fielding:

throwing the ball back is quicker than running with it.

Throwing:

use an overarm throw to throw over longer distances.

Catching:

watch the ball as it comes towards you.