

KSI Spring 1 – Net and wall skills

Lesson 1

LO: To practise the skills of rolling and stopping a ball.

Lesson 2

LO: To learn how to throw underarm.

Lesson 3

LO: To learn how to throw overarm.

Lesson 4

LO: To hold a racket correctly and use it to control a beanbag in different ways.

Lesson 5

LO: To use a racket to hit a ball or beanbag with control.

Lesson 6

LO: To apply my racket skills to play a target game.

Progression Strands

Demonstrates basic running movements and applies them in a range of physical activities
Demonstrates basic jumping movements and applies them in a range of activities
Dribbles around objects, keeping the ball close whilst jogging
Passes a ball to a partner with some accuracy
Demonstrates basic throwing and catching movements and applies them in a range of physical activities
Bounces and catches a big ball with a partner
Hits a small ball with a racquet/bat from a further distance
Visually tracks an approaching ball
Applies balance, agility and co-ordination in a range of physical activities
Copies, remembers and repeats simple actions, varying speed and levels
Performs dances using simple movement patterns
Adopts an appropriate starting position
Employs a controlled and appropriate finishing position

Follows a simple marked trail
Changes speed and direction in a controlled manner
Initiates physical activity for five minutes
Undertakes physical activity for five minutes

Explains how to use the equipment safely
Gives one reason why they need to warm up and cool down
Comments on the differences in the speed of their heartbeat after exercise

Vocabulary	Meaning
Striking	Hit an object (ball) forcibly or deliberately.
Underarm	Underarm throwing is a manipulative skill that involves applying a pushing force to an object to propel it.
Overarm	Made with the arm moving above the shoulder: an overarm throw/serve.
Technique	A skilful or efficient way of doing or achieving something.
Control	Able to direct a situation, person, or activity.
Sending	To cause something to go from one place to another
Receiving	The moment a player gets possession of the ball.
Coordination	The ability to use different parts of the body together smoothly and efficiently.
Competitive	Wanting very much to win.



Tennis Racket



Target



Tennis ball