

# LKS2 Spring 1 – Net and wall fundamental skills

## Lesson 1

LO: To use effective footwork, movement, and positioning in the context of net and wall games.

## Lesson 2

LO: To roll and throw a ball accurately.

## Lesson 3

LO: To develop ball control when using a racket.

## Lesson 4

LO: To hit a ball accurately using the forehand technique.

## Lesson 5

LO: To use the backhand technique in different ways.

## Lesson 6

LO: To understand and demonstrate the basic principles of attacking and defending in net and wall games.  
To play competitive net and wall-based games.

## Progression Strands

Changes pace when running in response to play/others  
Demonstrates different combinations of jumps with control  
Combines different jumps with control  
Throws and catches with more accuracy  
Hits a small ball over a net using a firm wrist with some consistency  
Passes a ball over a short distance (<5 m), a mid-range distance (5-10 m), and a longer distance (>10 m)  
Changes level, direction and pace during dance  
Puts some technical movements in an order to make a sequence  
Explains how their routine varies from another's  
Performs skills and techniques with control, precision and fluency  
Links and varies ideas with control and co-ordination

Demonstrates all round safe practice  
Accepts responsibility for their own safety  
Leads own warm up  
Lists equipment they need, explaining safety considerations of its use  
Identifies potential hazards, risks and dangers

Demonstrates perseverance  
Runs at an even pace over longer distances  
Responds to more complex challenges in new environments  
Improves and sustains running technique at different speeds  
Demonstrates good control, strength, speed and stamina in a variety of athletic events  
Undertakes directed physical activity for 20 minutes  
Initiates physical activity for 20 minutes

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.
Marking	(of a player in a team game) stay close to (an opponent) in order to prevent them getting or passing the ball.
Distance	The length of the space between two points.
Control	Able to direct a situation, person, or activity.
Attacking	An attacker's role is to push forward against the other team, main possession, and score.
Defending	A defender's role is to mark the opposite attacker, tag the opponent's and prevent a try being scored.
ready position	The ready position is the stance you take after hitting the ball/shuttlecock that allows you to move quickly around the court in any direction.
footwork	Good footwork allows you to move effectively around the court and is a fundamental part of net and wall games.