

**Schemes of Work SHEET 44**

# Net/Wall

# Advanced Unit

## Year 10/11

Date:

Teacher(s):

## EXPECTATIONS

When carrying out the activities and tasks in this unit:

Level 7

### Below Average Achievement

**Some children will not have made so much progress. They will be able to:** experiment with a range of basic tactics and, with guidance, form a simple game plan; select and apply a range of strokes or shots appropriate to the game and situation with some consistency and accuracy; establish personal performance and fitness goals and work with a partner to monitor progress, with guidance; know where and how to become involved in net/wall games beyond the school day; with guidance, use information gained from feedback to improve personal performance.

#### CHILDREN AT THIS LEVEL:

### Average Achievement

**Most children will be able to:** perform in various roles in net/wall games, demonstrating consistency, accuracy and fluency in the execution of technique; improvise when required in order to achieve the desired game outcomes; perceive patterns of play as they unfold and respond accordingly; lead and work effectively as a team member in competitive situations and plan and evaluate their own and others' exercise and activity programmes; use analysis to develop targets for improved performance and fitness.



### Above Average Achievement

**Some children will have progressed further. They will be able to:** coach others with guidance, and establish an activity programme that improves team or individual performance safely; demonstrate high levels of consistency, precision and flair in the selection and execution of appropriate shots or strokes in competitive net/wall games; show an understanding of the relationship between strategy, tactics and technique; reach judgements independently about how their own or others' performance may be improved, and prioritise aspects of performance for further development.

#### CHILDREN AT THIS LEVEL:



## Knowledge and understanding of fitness and health

### LEARNING OBJECTIVES

- to monitor exercise and fitness levels for themselves and/or others, related to performance in the game
- to devise, implement and monitor their own, and/or others' exercise and fitness programmes based on the principles of safe and effective exercising
- to recognise and evaluate the impact that fitness has on performance and that activity has on fitness

### TEACHING ACTIVITIES

- Talk to the pupils about the way that agility, reaction time and coordination are affected by fitness levels, e.g. How can having a gymnastic/dance component programme make a difference to the net/wall games?
- Teach pupils to devise and implement a training and exercise programme to suit the needs of the game(s).
- Teach pupils to monitor what they do both in and outside school and evaluate how it affects their fitness, general health and performance.

### LEARNING OUTCOMES

- use their knowledge of net/wall games to construct a fitness programme that improves their own performance

Start of Unit                      End of Unit

- set performance and fitness targets for themselves and monitor outcomes

Start of Unit                      End of Unit

## Evaluating and improving performance

### LEARNING OBJECTIVES

- to improve their ability to analyse, and to develop their own and others' performance as a result of the analysis
- to develop leadership and more advanced collaborative skills

### TEACHING ACTIVITIES

- Help pupils analyse their performances using criteria for identifying strengths and weaknesses. Teach them how to practise actions that will lead to improvement. Help them to monitor their progress.
- Talk to the pupils about the way they work on their own or with others in small teams to improve teamwork and game outcomes. Teach them the different roles they can take on.
- Listen to the way pupils interact with one another and the way they motivate each other to improve performance.

### LEARNING OUTCOMES

- identify strengths and weaknesses of play in both their own team and the opposition

Start of Unit                      End of Unit

- describe their own and others' work and give accurate feedback based on an agreed set of criteria

Start of Unit                      End of Unit

- design and explain activities which improve patterns in net/wall game play and improve technique

Start of Unit                      End of Unit



## Net/Wall Advanced Unit

# Net/Wall Advanced Unit

## PRIOR LEARNING

It is helpful if pupils have:

- experienced a range of basic tactics in net/wall games
- the ability to select the appropriate stroke in game situations and, on occasions, to improvise
- experienced a number of different roles in competitive situations
- an understanding of the impact of exercise on health and fitness

## LANGUAGE FOR LEARNING

Through the activities in this unit pupils will be able to understand, use and spell correctly words relating to:

- performance, e.g. personal goals, performance target, fitness target, feedback, encouragement
- involvement, e.g. community, leadership, monitoring programmes, participation

## CORE TASKS

The following core task could provide a focus for pupils' activities in this unit.

### Task

As a group or team, pupils can select a specific net game or group of net games, and organise and then prepare for and take part in competitions, tournaments or festivals against others.

Make sure there is a variety of types of games, e.g. singles, doubles, knockout, American tournament. Pupils can select their team to take others on and devise an appropriate team scoring system. Make a plan of action which develops pupils' skills, tactics and fitness to prepare them fully for the competition.

### Adaptations and variations on the task

- A combination of low- and high-net activities should be experienced in this unit in order to give pupils the ability to see how tactical problems are solved in different games.
- Adjust the size and shape of the court or vary the equipment, speed of the ball or shuttle in order to make the games easier or harder.
- Run tournaments in one specific activity or allow a mix.
- Set conditions on players to make the matches fairer or more competitive.
- Have competitions between individuals as well as between teams.

## EXTENSION AND ENRICHMENT

Out of lessons, at home and in the community, pupils could be encouraged to:

- take part in school sport, either competitively or socially
- join clubs in the community and/or use local facilities
- develop their literacy skills, e.g. reading rule books and sports reports in newspapers and magazines and on the internet
- become involved in coaching and organising in their own schools, in primary schools and the local community
- help to organise festivals or competitions in school or for local primary schools

