

## Links to the PE National Curriculum

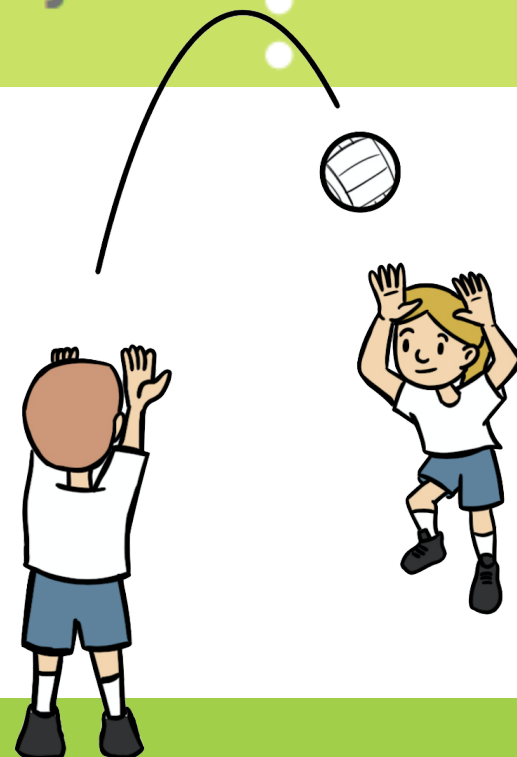
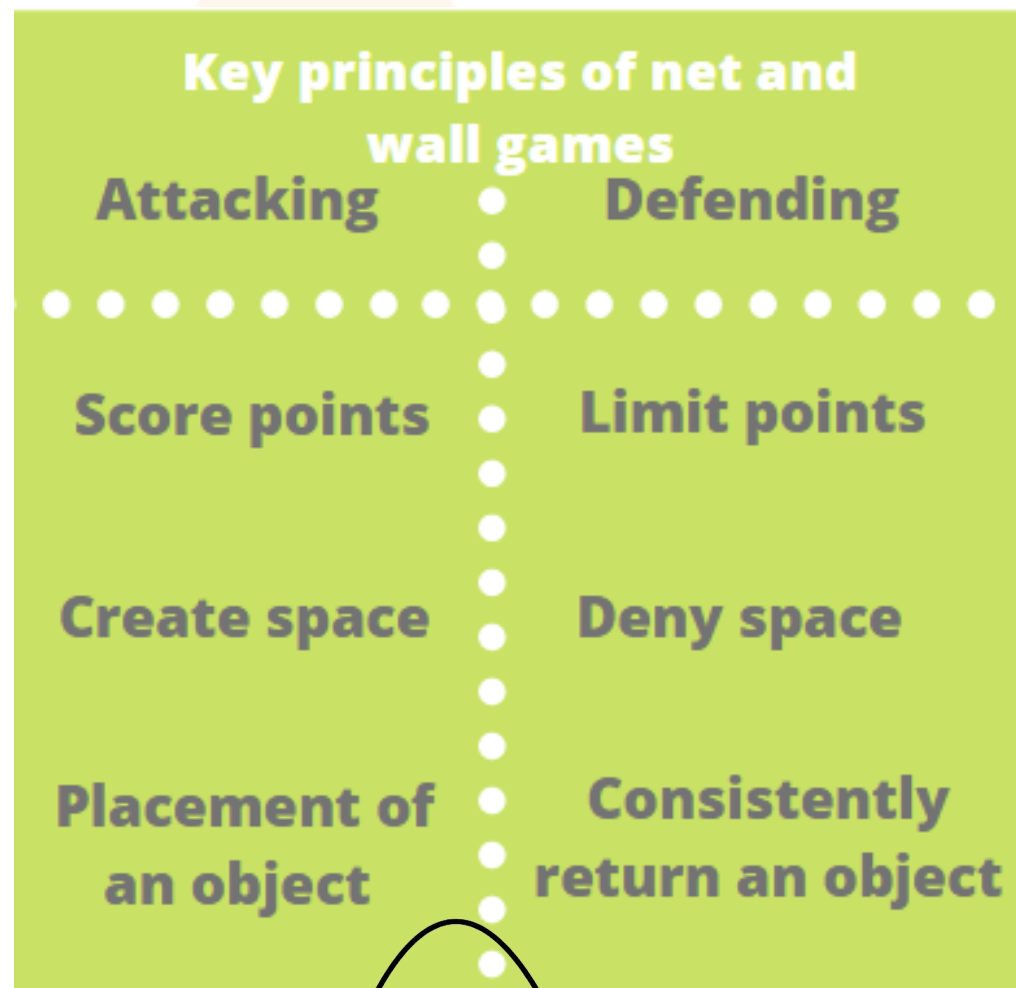
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
- Pupils should be taught to play competitive games, modified where appropriate [for example badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.

### Key Skills: Physical

- Ready position
- Serve
- Volley
- Set
- Dig

### Key Skills: S.E.T

- Social: Communication
- Social: Respect
- Social: Supporting and encouraging others
- Emotional: Confidence
- Emotional: Perseverance
- Emotional: Honesty
- Thinking: Using tactics
- Thinking: Selecting and applying skills
- Thinking: Identifying strengths and areas for development



## A rally is won when:

- The ball is not returned over the net within three hits.
- The receiving team lets the ball hit the ground.
- A player makes contact with the net.
- The ball lands outside the court area.
- A player touches the ball twice in a row.

## Rotation and scoring:

- One team starts with service and the pupil who is at the back on the right starts with the serve.
- That pupil continues to serve for their team until they lose a rally.
- If the non-serving team wins the rally, they win the right to serve but not the point.
- Players rotate clockwise after winning the right to serve

## Key Vocabulary:

- control
- return
- co-operatively
- deep
- serve
- dig
- defensive
- ready position
- consistently
- volley
- set
- opponent
- attack

## Teacher Glossary

- Attack:** The offensive action of hitting the ball.
- Baseline:** The line indicating the back of the court.
- Deep:** Refers to sending the ball away from the net, toward the baseline of the opponent's court.
- Serve:** An action to put the ball into play.
- Ready position:** The stance a player takes to get ready to move. Feet shoulder width apart, knees bent.
- Dig:** A defensive move used to keep the ball from hitting the floor after an opponent makes a hard downward hit.
- Volley:** A return of the ball before it touches the ground.
- Set:** An overhead contact of the ball, usually the second contact in a rally.