

CAPTAIN WEBB PRIMARY SCHOOL

Net games - [National Curriculum coverage.](#)

EYFS

- Negotiate space safely with consideration for themselves and others.
- Move energetically such as running.
- Demonstrate strength, balance and coordination when playing.

Key stage 1

- Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and coordination, and begin to apply these in a range of activities.

Key stage 2

- Play competitive games, modified where appropriate and apply basic principles of attacking and defending.
- Develop flexibility, strength, technique, control, and balance.

3 Pillars of PE

Rules strategies and Tactics

Motor Competence

Healthy Participation

Declarative Knowledge

EYFS			KS1		KS2			
Range 4	Range 5	Range 6	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I know that I use my hands to throw.	I know that you can use one hand to throw.	I know that throwing with one hand will improve my accuracy.	<p>Grip I know I need to place my hand on the racket in the form of a V.</p> <p>Footwork I know that I need to position my feet shoulder width apart to hit the ball.</p> <p>Direction I know that pushing through in a line will help me direct the ball.</p> <p>Distance I know that hitting the ball higher will send the ball further.</p> <p>I know that hitting the ball lower will send the ball shorter.</p> <p>Health and fitness I know that my body can feel hotter after an activity.</p>	<p>Grip I know I need to place my hand on the racket in the form of a V.</p> <p>Footwork I know that I need to position my feet shoulder width apart to hit the ball.</p> <p>Direction I know that pushing through in a line will help me direct the ball.</p> <p>Distance I know that hitting the ball higher will send the ball further.</p> <p>I know that hitting the ball lower will send the ball shorter.</p> <p>Health and fitness I know that my body can sweat and feel hotter during and after an activity.</p>	<p>Grip I know I need to place my hand on the racket in the form of a V.</p> <p>Footwork I know that I need to have my knees slightly bent to hit the ball.</p> <p>Direction I know that pushing through in a line will help me direct the ball.</p> <p>Distance I know that hitting the ball faster will send the ball further.</p> <p>I know that hitting the ball slower will send it shorter.</p> <p>Health and fitness I know that warming up and cooling down can prevent injury.</p>	<p>Grip I know I need to place my hand on the racket in the form of a V.</p> <p>Footwork I know that I need to have my knees slightly bent to hit the ball.</p> <p>Direction I know that pushing through in a line will help me direct the ball.</p> <p>Distance I know that I need to move into the ball and try to keep your shoulder on the same line all the way through the stroke when hitting down the line.</p> <p>Health and fitness I know that exercise helps your heart work more efficiently and improves your strength and endurance.</p>	<p>Grip I know I need to place my hand on the racket in the form of a V.</p> <p>Footwork I know that I need to position my weight on the balls of my feet to hit the ball.</p> <p>Direction I know that pushing through in a line help me direct the ball.</p> <p>Distance I know that hitting the ball harder and higher will send the ball further.</p> <p>I know that hitting the ball slower and lower will send it shorter.</p> <p>Health and fitness I know that increasing the tempo of an exercise can increase the heart rate.</p>	<p>Grip I know I need to place my hand on the racket in the form of a V.</p> <p>Footwork I know that I need to position my weight on the balls of my feet to hit the ball.</p> <p>Direction I know that pushing through in a line help me direct the ball.</p> <p>Distance I know that I need to move into the ball and try to keep your shoulder on the same line all the way through the stroke when hitting down the line.</p> <p>Health and fitness I know the tempo of a cool down needs to gradually decrease to slow down the heart rate. I know that exercise helps your heart work more efficiently, so you have more energy.</p>

CAPTAIN WEBB PRIMARY SCHOOL

Procedural Knowledge	<p>I can begin to show a preference for a dominant hand.</p>	<p>I can grasp and release to throw a beanbag.</p>	<p>I can show control over an object by throwing it with some accuracy.</p>	<p>Grip I can grip the racket correctly and hit the ball off a tee.</p> <p>Footwork I can hit a ball off a tee with a forehand swing.</p> <p>Direction I can hit the ball off a tee towards a target.</p> <p>Distance I can hit a drop fed ball.</p> <p>Performance I can use skills and rules I have learned to take part in an intra competition.</p>	<p>Grip I can grip the racket correctly and hit the ball off a tee.</p> <p>Footwork I can hit a ball off a tee with a forehand swing.</p> <p>Direction I can hit the ball off a tee towards a target.</p> <p>Distance I can hit a drop fed ball over a net.</p> <p>Performance I can use skills and rules I have learned to take part in an intra competition.</p>	<p>Grip I can grip the racket correctly and hit a drop fed ball.</p> <p>Footwork I can hit a drop fed ball with a forehand or a backhand swing.</p> <p>Direction I can hit a drop fed ball over the net and towards a target.</p> <p>Distance I can hit a drop fed ball over the net and land it at the back of the court.</p> <p>I can hit a drop fed ball over the net and land it short.</p> <p>Performance I can use skills and rules I have learned to take part in an intra competition.</p>	<p>Grip I can grip the racket correctly and hit a drop fed ball.</p> <p>Footwork I can hit a drop fed ball with a forehand or a backhand swing.</p> <p>Direction I can hit a drop fed ball over the net and towards a target.</p> <p>Distance I can hit a drop fed ball down the line.</p> <p>Performance I can use skills and rules I have learned to take part in an intra competition.</p>	<p>Grip I can grip the racket correctly and hit the ball with the centre of the racket.</p> <p>Footwork I can hit a returning ball with a forehand or a backhand swing.</p> <p>Direction I can return a ball over the net towards space.</p> <p>Distance I can return a ball over the net and land it at the back of the court.</p> <p>I can return a ball over the net and land it short.</p> <p>Performance I can use skills and rules I have learned to take part in an intra competition.</p>	<p>Grip I can grip the racket correctly and hit the ball with the centre of the racket.</p> <p>Footwork I can hit a returning ball with a forehand or a backhand swing.</p> <p>Direction I can return a ball over the net towards space.</p> <p>Distance I can return a ball down the line.</p> <p>Performance I can use skills and rules I have learned to take part in an intra competition.</p>
	<p>Health and fitness I can show an increasing desire to be independent, such as wanting to dress or undress.</p>	<p>Health and fitness I can become increasingly independent as I get dressed and undressed.</p>	<p>Health and fitness I can get changed into my PE kit.</p>	<p align="center">Vocabulary</p>					
<p>Preference Dominant Hand Throw</p>	<p>Grasp Release</p>	<p>Improve Accuracy Control</p>	<p>Grip Racket Forehand Position Higher Further Lower Shorter Drop fed Target</p>	<p>Grip Racket Forehand Position Higher Further Lower Shorter Drop fed Target</p>	<p>Backhand Forehand Down the line Direct court</p>	<p>Backhand Forehand Down the line Direct court</p>	<p>Return Space Balls of feet Deuce Advantage</p>	<p>Return Space Balls of feet Deuce Advantage</p>	