Eversley Primary School– Knowledge Organiser

P.E.	Games - Net & Wall (develop individual shots)	Year 5	Autumn Term 1

Skills

- Use forehand, backhand and overhead shots increasingly well in the games they play.
- Use the volley in games where it is important.

Key Knowledge

Identify strengths and weaknesses in their own and others play and suggest practices that will lead to improvement.

Use the skills they prefer with competence and consistency.

Perform warm-up and cool-down exercises with safe and effective technique.

Sequence of Practical Experiences

develop the forehand shot and understand how to warm up and cool down for tennis.

play a co-operative rally

develop the forehand shot and backhand shot and how to play a volley and understand how the warm-up affects the body.

develop the volley shot and use appropriately in a game and understand the attacking strategy of returning the ball early.

develop rally technique through good positioning and hitting into space in opponents court.

play shots to the front and back of court (long and thin court) or to either side (short and wide court)

Statutory requirements

- use running, jumping, throwing and catching in isolation and in combination
- 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
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Prior Learning

- Play games with some fluency and accuracy, using a range of throwing and catching techniques.
- Find ways of attacking successfully when using other skills.
- Use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and getting into positions to score.

Key Vocabulary

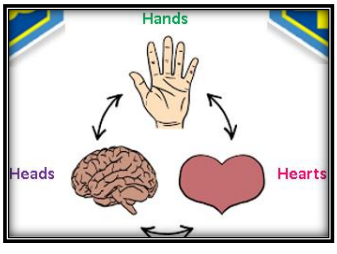
Volley	To strike the ball before it bounces
Overhead	Hit on the forehand side, above the head
Rally	Exchange of shots in a court game

Additional vocabulary: singles, doubles, forehand, backhand.

Net & Wall Sports

Tennis

Badminton

Squash

Volleyball