



Get Set 4  
Education

# Knowledge Organiser

## Net and Wall Games Year 1

### About this Unit

Net and wall games are games where either a net separates the players or a wall is used. The object of these games is to hit the ball over the net and into the court space or against a wall to make it difficult for a partner to return. Examples include tennis, badminton, volleyball, squash.



### Ladder Knowledge



#### Hitting:

use the centre of the racket for control.

#### Feeding:

use an underarm throw to throw to a partner.

#### Rallying:

throwing/hitting to your partner with not too much power will help them to return the ball.

#### Footwork:

using a ready position will help you to move in any direction.

### Movement Skills

- throw
- catch
- hit
- track

This unit will also help you to develop other important skills.

#### Social

support others, work safely, communication, co-operation

#### Emotional

perseverance, independence, determination

#### Thinking

comprehension, select and apply, reflection, identify areas of strength and areas for development, decision making

### Rules

### Rules help you to play fairly.

Tactics are a plan that help us to do what we want to do when playing games.

### Tactics

Use a ready position

Send the ball away from a partner

Send the ball to one space then a different space

Track the ball as it comes towards you

### Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Stay a safe distance from one another when using the racket.

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



### Key Vocabulary



net	ready position
partner	score
point	track
racket	underarm

If you enjoy this unit why not see if there is a club in your local area that plays a net and wall game. This could be a tennis, badminton, volleyball club.



### This unit will help you to:

- change direction quickly
- balance
- move different parts of your body at the same time
- be faster
- move for longer

### Hot Spots

What you need: two players, six markers and a ball

#### How to play:

- Stand five big steps apart and place three cones on the floor at your feet.
- Take turns trying to hit your partner's cones using an underarm throw.
- If you hit a cone, you take it and add it to your row.
- The game is played until one pupil has all of the cones.
- Make this easier by using a bigger ball.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit. [@getset4education136](https://www.youtube.com/@getset4education136)