









## Highsted Knowledge Organiser

### Physical Education

#### Year 7 Net Games

<p>What I need to know:</p> <p>Can perform a range of skills and tactics in attack and defence in isolation and within conditioned practices and competition.</p> <ul style="list-style-type: none"> <li><b>Net/Wall</b> – Tennis, Short tennis, Badminton, Newton, &amp; Volleyball</li> </ul> <p>Warm up, stretching, Drills and practices, conditioned games, competitive games, cool down &amp; analysis</p>	<p>Key Vocabulary:</p> <p>Net games Badminton/Tennis/Short tennis/Volleyball Drills and practices Outwitting opponents Serve Forehand / clear Backhand / clear Dig/bump Set/volley Scoring</p> 
<p>Student reference point:</p>	
 <p>Watch the following clips to learn how to refine your skills.</p> <p><a href="https://www.youtube.com/watch?v=DnUwBz2BVYM">https://www.youtube.com/watch?v=DnUwBz2BVYM</a> Common beginner badminton mistakes</p> <p><a href="https://www.youtube.com/watch?v=5arVdubK9Pg">https://www.youtube.com/watch?v=5arVdubK9Pg</a> <a href="https://www.youtube.com/watch?v=hKSr14cUn9Q">https://www.youtube.com/watch?v=hKSr14cUn9Q</a> How to hit a forehand &amp; backhand - tennis</p> <p>Watch a match on TV of a net game of your choice to see how professional performers use these skills to outwit their opponents.</p>	 <p>Attend extra-curricular clubs within School to develop skills and fitness further.</p> <p>Speak to your PE teacher about clubs and gyms in the wider community, we have links to athletics, hockey, cricket, netball, swimming, football and volleyball clubs.</p> <p>Attend live matches/games if you can as this is a great way to develop knowledge of skills, tactics and strategies</p>
 <p>Can you practice the skills from the videos you have watched from the task above in your lessons or matches to refine your own performance?</p>	 <p>Research the rules for a net game of your choice Are there any rules you would modify/remove/add in to improve the game?</p>
<p><b>Challenge question:</b> Research who are the elite performers or role models for a game of your choice.</p>	
<p><b>Suggested reading:</b></p>	
 <p>Play better tennis (library) Step by step tennis skills (library) The extraordinary life of serena Williams- Shelina Janmohamed</p>	