









Highsted Knowledge Organiser

Physical Education

Year 8 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"> • Net/Wall – Tennis, Short tennis, Badminton, Newton, & Volleyball <p>Warm up, stretching, Drills and practices, conditioned games, competitive games, cool down & analysis</p>	<p>Key Vocabulary:</p> <p>Net games Badminton/Tennis/Short tennis/Volleyball Drills and practices Outwitting opponents Serve Forehand / clear Backhand /clear Volley Smash Dig/bump Block Scoring</p> 
<p>Student reference point:</p>	
 <p>Watch some of the following tennis match see if you can keep up with the scoring for a few of games.</p> <p>https://www.youtube.com/watch?v=F99Kz2eptqM Raducanu match</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. 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 correctly score/umpire your games in your lessons or matches to refine your own performance and develop your knowledge?</p>	 <p>Choose a net game and create a skills practice. Can you teach/coach this practice in your next lesson?</p>
<p>Challenge question: What is the oldest national governing body for a sport?</p>	
<p>Suggested reading:</p>	
 <p>Play better tennis (library) Step by step tennis skills (library) The extraordinary life of serena Williams- Shelina Janmohamed</p>	