



Progression of PHYSICAL EDUCATION – NET & WALL (RACKET)

	KNOWLEDGE	PERFORMANCE OF SKILLS
Year 6	Unit: NET & WALL (RACKET)	<p>All children (WTS)</p> <ul style="list-style-type: none"> - Turn and run to the ball getting into a forehand or backhand position en-route. <p>Most children (EXS)</p> <ul style="list-style-type: none"> - Use the correct swing technique and control with smooth swings keeping the path of the racquet the same. <p>Some children (GDS)</p> <ul style="list-style-type: none"> - Serve the ball accurately making team mates have to move to send it back. - Use 'move-hit-recover' approach within a game showing facing forward on recovery - Show a range of grips when demonstrating a backhand (continental, chopper, hammer grip).
	<p>Prior knowledge</p> <p>Knowledge of movement towards ball/shuttlecock for a forehand/backhand technique. Understanding of the use of their control with their shots and beginning to score points.</p>	
	<ul style="list-style-type: none"> - Tap the ball using either a forehand or back hand motion. - Set racquet back in its ready position quickly upon recovery. - Move towards the ball from 'ready' position choosing either forehand or backhand depending on where the ball is. - Demonstrate the correct swing technique when hitting the ball over a net sometimes showing control over the hit. - Serve the ball correctly beginning to purposely aim for space to score. 	
Year 5	Unit: NET & WALL (RACKET)	<p>All children (WTS)</p> <ul style="list-style-type: none"> - Tap the ball using either a fore hand or back hand motion. - Set racquet back in its ready position quickly upon recovery. <p>Most children (EXS)</p> <ul style="list-style-type: none"> - Move towards the ball from 'ready' position choosing either forehand or backhand depending on where the ball is. - Demonstrate the correct swing technique when hitting the ball over a net sometimes showing control over the hit. <p>Some children (GDS)</p> <ul style="list-style-type: none"> - Serve the ball correctly beginning to purposely aim for space to score.
	<p>Prior knowledge</p> <p>Knowledge of moving from ready position into a forehand/backhand. Knowledge of striking the ball over a net to form a rally.</p>	
	<ul style="list-style-type: none"> - Move from a ready position into a forehand position/backhand position quickly. - Move racquet in a low to high swing for an effective tap. - Begin to tap a ball over a net allowing for a bounce, hit technique. - Bring racquet to meet the ball for a forehand and backhand hit and know to use two hands for an effective backhand. - Tap the ball back and forth to a partner over a small space. - Serve the ball straight from hands to racquet making sure it lands 'in' on the other side. 	
Year 4	Unit: NET & WALL (RACKET)	<p>All children (WTS)</p> <ul style="list-style-type: none"> - Move from a ready position into a forehand position/backhand position quickly.
	<p>Prior knowledge</p> <p>Knowledge of 'ready' position and handling of racket. Understanding of the difference between forehand and</p>	



	<p>backhand technique. Can show coordination with the ball/shuttlecock individually and with a partner.</p>	<ul style="list-style-type: none"> - Move racquet in a low to high swing for an effective tap. <p>Most children (EXS)</p> <ul style="list-style-type: none"> - Begin to tap a ball over a net allowing for a bounce, hit technique. - Bring racquet to meet the ball for a forehand and backhand hit and know to use two hands for an effective backhand. - Tap the ball back and forth to a partner over a small space. <p>Some children (GDS)</p> <ul style="list-style-type: none"> - Serve the ball straight from hands to racquet making sure it lands 'in' on the other side.
<p>Year 3</p>	<p>Unit: NET & WALL (RACKET)</p>	<ul style="list-style-type: none"> - All children (WTS) - Stand in a ready position holding racquet correctly. - - Begin to know what it means by a forehand and backhand position. - Use the racket and ball/shuttlecock to balance, flick or hit off own racket. <p>Most children (EXS)</p> <ul style="list-style-type: none"> - Change from a ready position before tapping the ball to a partner - Tap the ball back and forth to partner. <p>Some children (GDS)</p> <ul style="list-style-type: none"> - Begin to attempt to serve the tennis ball straight from hands, sometimes using one bounce or another adaption if needed.
	<p>Prior knowledge</p>	
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