** Flamingos – PE – Net and Wall Games**

***Key Skills:***

Physical:

* Throwing, catching, hitting a ball, racket skills, ready position.

Social:

* Respect, support, co-operation, communication

Emotional:

* Perseverance, honesty

Thinking:

* Decision-making, reflection, comprehension, selecting and applying.

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| ***Words to know and spell (Tier 2 Vocabulary)*** |
| Defend | Return | Collect |
| Against | Quickly | Footwork |

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| ***Words to understand and spell (Tier 3 Vocabulary)*** |
| **Opponent** | The person you are playing against.  |
| **Trap** | To stop or trap a rolled ball on the floor using a tennis racket.  |
| **Ready Position** | Feet shoulder width apart, knees bent, used to be able to move the ball quickly.  |
| **Receive**  | Be given.  |
| **Rally** | Going back and forth.  |

***Concept check questions. Test yourself:***

How do you defend your space?

How does your body feel during exercise?

How can you throw a ball accurately?

What tactics can you use to make it difficult for a partner?

How do we score this game?

How can you show good sportsmanship?

***Key skills to do:***

* Develop hitting a dropped ball over a net.
* Accurately underarm throw over a net to a partner.
* Explore underarm rallying with a partner catching after one bounce.
* Consistently use the ready position to move towards a ball.

**Year 1 – PE – Autumn 1 – Heyford Park School**