

PE Department Curriculum Mapping – Pillars, Skills, Knowledge & Understanding

Outwitting Opponents: Net Games

Year 7			
Pillars	Techniques & Skills	Knowledge & Understanding	Version/Size
<ul style="list-style-type: none"> ● Hand/eye Coordination ● BFJ/SFJ - Ball/Shuttle Flight Judgement ● Decision Making <ul style="list-style-type: none"> ➤ Ball/Shuttle Placement – to create space/time ➤ Positional Awareness – to deny space/time ● Components of Fitness; <ul style="list-style-type: none"> ➤ Balance ➤ Speed ➤ Coordination ➤ Reaction time ➤ Agility ➤ Power ➤ Muscular strength ➤ Muscular endurance ➤ Flexibility 	<p><u>Badminton</u></p> <p>Serves - backhand</p> <p>Overhead clear – forehand</p> <p>Drop shot</p> <p>Smash</p>	<p>Knowledge & understanding of Shuttle Flight Judgement</p> <p>Replication of shots with control and accuracy</p> <p>Application of SFJ & depth and change of angle to create space</p> <p>Rules & court dimensions of singles games</p> <p>Knowledge of singles scoring system</p>	<p>½ court singles</p> <p>Full court singles</p>
	<p><u>Volleyball</u></p> <p>Begins to develop basic skills (volley, dig and spike)</p> <p>To be able to apply BFJ in a basic rally</p> <p>To be able to start a rally with an underarm serve</p> <p>Begins to raise hands in an attempt to block</p>	<p>Play 3 passes before passing/volleying/hitting the ball over the net</p> <p>Selecting and applying the relevant skills and techniques appropriately</p> <p>Begins to identify space in the opponents and own court but still inconsistent in the application</p> <p>Understands and applies the rotation system when winning the serve back</p>	<p>Play in badminton court with lower net. (6v6)</p>

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	<p><u>Tennis</u></p> <p>Hold racket - backhand or forehand using an appropriate grip</p> <p>To be able to apply BFJ in a basic rally</p> <p>To be able to play a basic forehand and a basic backhand in a rally</p> <p>To be able to start a rally with a basic serve</p>	<p>To be able to outwit their opponent selecting and applying the relevant skills and techniques appropriately</p>	<p>Play in service boxes and/or half court</p>

Year 8

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<ul style="list-style-type: none"> ● Hand/eye Coordination ● BFJ/SFJ - Ball/Shuttle Flight Judgement ● Decision Making ➤ Ball/Shuttle Placement – to create space/time ➤ Positional Awareness – to deny space/time ● Components of Fitness; ➤ Balance ➤ Speed ➤ Coordination ➤ Reaction time ➤ Agility ➤ Power ➤ Muscular strength ➤ Muscular endurance ➤ Flexibility 	<p><u>Badminton</u></p> <p>Serves; backhand & forehand, high</p> <p>Underarm clear/Lift</p> <p>Overhead clear – forehand</p> <p>Drop shot</p> <p>Smash</p>	<p>Shots with increased control and accuracy</p> <p>Application of SFJ & increased variation – length/angle of shots</p> <p>Serving strategy; relating to position of the receiver</p> <p>Rules & court dimensions of singles games</p> <p>Knowledge of singles scoring system</p>	<p>½ court singles</p> <p>Full court singles</p>
	<p><u>Volleyball</u></p> <p>Develops height when playing the volley</p> <p>Develops timing when hitting over the net</p> <p>Is able to jump and block over the net but timing is often incorrect</p> <p>Develops underarm serve and is able to identify space to serve but accuracy varies</p>	<p>To develop basic anticipation of the opponent hits over the net</p> <p>Beginning to identify the strengths and weaknesses of the opponents and adapting their shot selection accordingly</p> <p>Demonstrate good positioning and returning to base position</p> <p>Develops space awareness</p> <p>Begins to differentiate roles of each position</p> <p>To be able to accurately score and officiate small sided games</p>	<p>Play in badminton court (6v6 to 4v4)</p>

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	<p><u>Tennis</u></p> <p>To develop their groundstrokes (forehand and backhand)</p> <p>To develop topspin in both strokes, although the forehand dominates rallies</p> <p>To be able to play a basic volley (forehand or backhand)</p> <p>To develop their serve - power and accuracy</p>	<p>To develop basic anticipation of the opponent strokes and direction of shots</p> <p>To continue developing strategies to outwit their opponent selecting and applying the relevant skills and techniques appropriately</p> <p>Beginning to identify the strengths and weaknesses of the opponent and adapting their shot selection accordingly</p> <p>Demonstrate good positioning and returning to base position</p> <p>To be able to accurately score and officiate singles tennis games</p>	<p>Play in service boxes and/or half court</p> <p>Begin to play in full court</p>

Year 9

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<ul style="list-style-type: none"> • Hand/eye Coordination • BFJ/SFJ - Ball/Shuttle Flight Judgement • Decision Making <ul style="list-style-type: none"> ➤ Ball/Shuttle Placement – to create space/time ➤ Positional Awareness – to deny space/time • Components of Fitness; <ul style="list-style-type: none"> ➤ Balance ➤ Speed ➤ Coordination ➤ Reaction time ➤ Agility ➤ Power ➤ Muscular strength ➤ Muscular endurance ➤ Flexibility 	<p><u>Badminton</u></p> <p>Serves; backhand & forehand, high, low, flick</p> <p>Underarm clear/Lift</p> <p>Overhead clear – forehand</p> <p>Drop shot</p> <p>Smash</p>	<p>Tactics – level doubles</p> <p>Positioning in attack and defence - front and back; side- side</p> <p>Decision making- use of the appropriate stroke when attacking or defending</p> <p>Variation – length/angle of shots</p> <p>Deception/disguise</p> <p>Serving strategy; relating to position of the receiver</p> <p>Rules & court dimensions of doubles games</p> <p>Knowledge of doubles scoring system</p>	<p align="center">Full court doubles</p>
	<p><u>Volleyball</u></p> <p>To start showing some accuracy and power in their selected shots (volley, dig, spike, underarm serve)</p> <p>Continues to develop height when playing the volley and begins to differentiate the volley with and the set</p> <p>Develops height of block and technique Begins to serve overhead but still lacks consistency and accuracy</p>	<p>Develops ability to play in each position effectively</p> <p>To continue developing strategies to outwit their opponent selecting and applying the relevant skills and techniques appropriately</p> <p>Demonstrates good spatial awareness and anticipation</p> <p>Begins to understand the transition phase</p>	<p align="center">Play in badminton court (4v4)</p> <p align="center">Full court 6v6</p>

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	<p><u>Tennis</u></p> <p>To start showing some accuracy and power in their groundstrokes although forehand is more dominant than backhand</p> <p>Continues to develop the volley which still lacks power and accuracy</p> <p>Serve begins to show some power and accuracy but lacks variety</p>	<p>Develops anticipation of the opponent’s strokes and direction of shots and is prepared to counteract them</p> <p>Begins to develop singles strategies</p> <p>Develops singles strategies</p> <p>Develops ability to evaluate opponent’s strengths and weaknesses and adapts own game accordingly</p>	<p>Can play singles, begins to play doubles</p>

Year 10

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	<p><u>Volleyball</u></p> <p>Develops power and accuracy of their selected shots</p> <p>Develops accuracy and power when performing an overhead serve</p> <p>To be able to perform a smash with some success but still lacks accuracy and timing</p> <p>Uses block effectively with good technique and height</p>	<p>Further develops ability to evaluate opponents' strengths and weaknesses and adjust play accordingly</p> <p>Demonstrate better transition from defence to attack</p> <p>To demonstrate good tactical awareness of how they can build up rallies to their strengths but still need to develop defensive tactical awareness</p>	<p align="center">Play in badminton court (4v4)</p> <p align="center">Full court 6v6</p>

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	<p><u>Tennis</u></p> <p>To develop power and accuracy of their groundstrokes</p> <p>To develop the topspin and backspin of both strokes with increased effectiveness</p> <p>To develop accuracy and effectiveness of the volley, both forehand and backhand</p> <p>To be able to perform a smash with some success but still lacks accuracy and power</p> <p>Begins to use the lob with some success.</p>	<p>To demonstrate good timing when approaching the net for a volley / smash</p> <p>To demonstrate good tactical awareness of how they can build up rallies to their strengths but still need to develop defensive tactical awareness</p> <p>To be able to accurately score and officiate doubles tennis games</p>	<p>Can play singles or doubles</p>

Year 11

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	<p><u>Volleyball</u></p> <p>Demonstrate good power and accuracy with their selected shots</p> <p>Is able to use the dig effectively to receive with increasing accuracy from an overhead serve</p> <p>Demonstrate accurate application of volley with good height and increased consistency</p> <p>Demonstrate set to varied position and timings</p>	<p>To demonstrate good and varied shot selection both attacking and defensive</p> <p>To effectively identify strengths and weaknesses of the opponent and suitably adopt their tactics and shot selection</p> <p>Demonstrate fast and accurate transition from defence to attack</p>	<p align="center">Play in badminton court (4v4)</p> <p align="center">Full court 6v6</p>

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	<p><u>Tennis</u></p> <p>Demonstrate good power and accuracy with their ground strokes</p> <p>Demonstrate accurate application of volley with increased consistency</p> <p>Demonstrate good technique and accuracy when performing the smash and the lob</p> <p>Is able to perform a range of serve with increased success</p>	<p>To demonstrate good and varied shot selection between groundstrokes, volleys, lobs and smashes on both forehand and backhand</p> <p>To effectively identify strengths and weaknesses of the opponent and suitably adopt their tactics and shot selection</p>	<p>Can play singles or doubles</p>