

# PHYSICAL ACTIVITY

## YEAR 3

### 25.2.21



For this half term, we will be combining exercise with some football skills in Soccercise. You need some space and any ball will do. We will also be doing some net and wall games. (See the following slides).

When we are back in class we will be using our own routines using some of the exercises from: [www.thefa.com › pdf › womens › soccercise-exercises](http://www.thefa.com › pdf › womens › soccercise-exercises)

But you can follow some routines from Brentford FC online. Session 4: <https://www.youtube.com/watch?v=L8Hb7amLLao>

# GAME CATEGORY

## Net and Wall Games

During this half term we will be improving our PE skills through net and wall games...

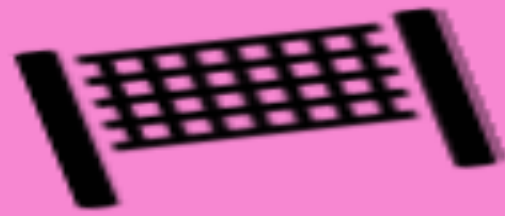
### WHAT ARE **NET AND WALL GAMES**



Players/teams score by hitting an object into a court space in such a way that the opposing player/team cannot hit it back within the allowed amount of bounces. Tactical problems related to net and wall games include setting up an attack, creating space on offence, reducing space on defence, etc. Examples of net and wall games include tennis, volleyball, squash and badminton.

By the end of this unit you should be able to show technical PE skills but also tactical skills. Can you follow the 4 R's of decision making in a variety of net and wall games and show progression in solving tactical problems?





# NET & WALL GAMES

In Net & Wall games, teams or individual players score by hitting a ball into a court space with sufficient accuracy and power that their opponents cannot hit it back before it bounces once (badminton & volleyball) or twice (tennis, racquetball, squash).

## Examples of Net & Wall Games



**Tennis**



**Volleyball**



**Badminton**



**Squash**

## Common Tactical Problems

Scoring (Offence)

Maintaining a Rally

Setting Up an Attack

Winning A Point

Preventing Scoring (Defence)

Defending Space

Defending Against Attack



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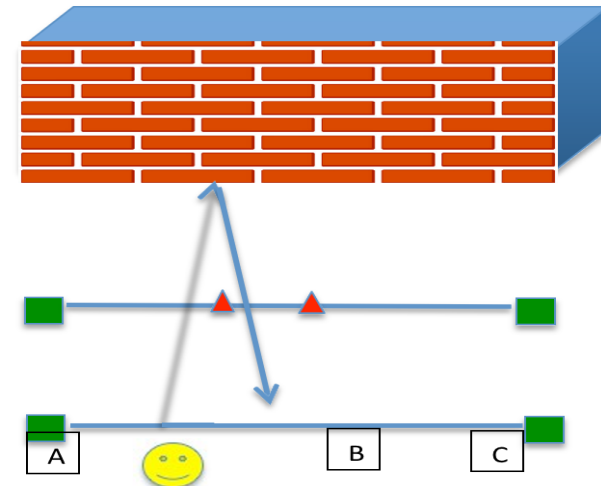
# GAME CATEGORY

## Net and Wall Games

In lesson 1 today we will be exploring different throwing/sending skills in a variety of adapted net and wall games.

In school, we will be working in pairs/4's to play some games. But if you can't convince a parent or sibling to join in can you either adapt some of our games or make up your own to improve your throwing/sending skills. We might even play some of you game next week if you can send them to us.

Here are some ideas to try or adapt or to get you started





# GAME CATEGORY

## Net and Wall Games

### Game Carousel – in school/at home

Can you set up any of these games at home?

#### **Crossfire**

Two pairs with each person standing on the side of a square. The pairs facing each other throw a ball between them. Each pair tries to get their ball to hit the other when the balls are at their highest point.

**Four targets** Mark four targets at the corners of a square. Two players, each standing between the targets. Each player tries to throw a beanbag/socks into one of their opponent's targets.

**Short and long** In each half of an area mark two targets, one at the back and one at the front. Have one player each side of the court standing between the targets. Each player tries to throw a beanbag into one of their opponent's targets.



# GAME CATEGORY

## Net and Wall Games

### 1 v 1 game – Spot Ball - in school/at home



**Builds (progressions)**

#### **Build One: Setting Up an Attack**

In this build, players attempt to score a point by having the ball bounce twice before their opponent can catch it or by having the ball land on the rubber spot.

#### **Build Two: Court Positioning**

After each lob, the player who lobbed the ball must run and touch one of the four cones. Once they have done so, they must position themselves in a ready position for their opponent's next lob.

<https://thephysicaleducator.com/game/spot-ball/>

### **Quick Rules**

Two players will play in a square court using the lines as boundaries.

Using paper-rock-scissors to see which player will start first, the server must lob (underarm throw) a small ball higher than the height of the opposing player so that the ball will land inside the court.

A player can score by:

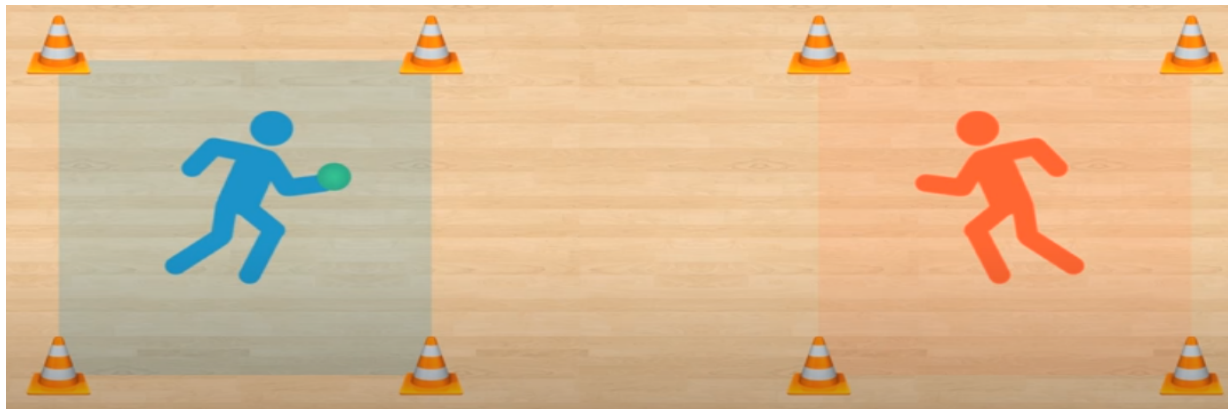
1. Having the tennis ball bounce twice before their opponent can catch it,
2. By having the ball land on rubber spot in the middle of the court,
3. If the ball lands out of bounds (a point is awarded to the opposing player).



# GAME CATEGORY

## Net and Wall Games

### 1 v 1 or 2 v 2 game – Lobster ball – in school/at home



#### **Builds (progressions)**

##### **Build One: Maintaining A Rally**

Students work as partners. They must lob the ball back and forth to each other without it ever bouncing more than once following a throw. Partners work together to maintain a rally for as many exchanges as possible. At this build, the teacher can modify the equipment (e.g. trade the tennis ball for a foam ball)

##### **Build Two: Scoring a Point**

Players must now try to beat their opponent by having the ball bounce twice inside their opponent's area.

##### **Build Three: Attacking an Open Space**

The teacher can modify each player's area to force them to throw the ball in an open space (i.e. a short and wide area forces the attacking player to throw the ball either left or right, and a long and narrow area force the attacking player to throw the ball either short or long)

<https://thephysicaleducator.com/game/lobster-ball/>

#### **Quick Rules**

A 2 player game. Each player has their own area, marked by four cones, that faces their opponent's area

The space between the two areas is a dead zone

Using underhand throwing (lob) only, players start the game by having one player lob the ball into the other player's area.

Players may let the ball bounce once before catching the ball before lobbing it back (players have 1 second to lob the ball back and may not move with the ball in their hand).

If a player lobs the ball outside of their opponent's area or drops the ball, then the point and serve goes to the opponent.

If a ball bounces twice before being caught, with the first bounce being within the opponent's area, the player who lobbed the ball wins a point and gets to serve

Games are played to 10 points.

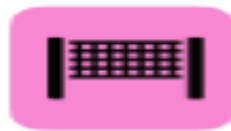


# GAME CATEGORY

## Net and Wall Games

Team game–  
Smash Ball – in  
school/at home

Adapt to 2 players by  
sending the ball  
across to the other  
side with an open  
handed smash after  
catching the ball. Use  
anything you have for  
a net.



### Smashball! Net & Wall Games



#### Tactical Focus

Maintaining a Rally

Winning a Point

Setting Up for Attack

Defend Space

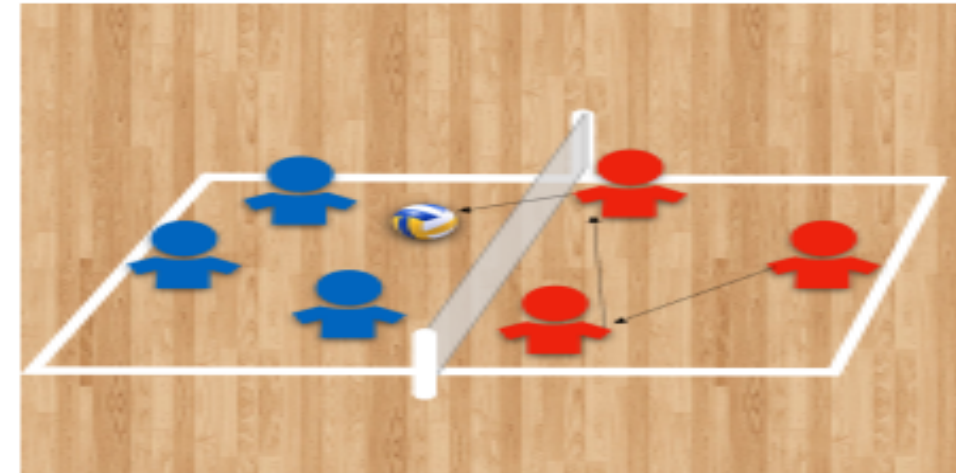
Defending Against Attack

Restarting Play



#### Description

- Modified version of Volleyball
- Minimum 2 to Maximum 3 players Per Team
- 3 Touches Per Team
- 1 Bounce Allowed
- Serve by throwing from behind end line (If 1st serve misses get a 2nd chance)
- Receiving team can Catch and Toss to a team member at the Net, then Across the Net.
- Final touch is a Strike Over the Net.
- First to 15 points - Must win by 2
- If you Win the Point then you get the next Serve.



#### Modifications (Change It!)



##### Change it Up

Players can only volley the ball.  
First Touch is a Bump, Second a Catch and Third a Strike.



##### Change It!

Use a racquet/paddle to strike the ball.  
Increase/Decrease the number of players.



##### Change it Down

Allow players to catch and throw the ball on all touches.  
Increase the size of the ball.

# GAME CATEGORY

## Net and Wall Games

### End Team Game – Meteor Ball – in school



**Builds (progressions)**

#### **Build One: Maintaining a Rally**

In the first build of this game, have the entire class work together to keep the ball from hitting a wall or touching the ground. The teacher can add a time challenge to this build.

#### **Build Two: Defending a Space**

Teams must now attempt to prevent the ball from landing in their area. If the ball does so, a point is awarded to the other three teams.

#### **Build Three: Setting Up an Attack**

In this build, each team is given a partner team (e.g. blue and red, green and purple) with who they must work together by making passes to set up an attack on the opposing two team's playing areas.

### **Quick Rules**

Class is divided into 4 teams and the gym is divided into 4 playing areas.

Each team must stay in their area.

The teacher throws a giant beach ball into the game.

Teams must work together to make sure that the ball does not touch the floor in their area. To do this, they may push the ball upwards (above the teacher's height) into another team's area.

If the ball lands in a team's area, a point is awarded to the three other teams.