



Physical Education: Net and Wall

Year 6

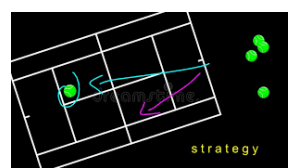
Key Knowledge

- I know how to perform and **apply** a variety of skills and techniques with **precision**.
- I can use the right shots by **planning ahead** and **creating a plan**.
- I can play by the **rules** and use **tactics** to succeed.

My Body

I know and understand how exercise effects my pulse.
I know and understand the importance of warming up and cooling down and how to carry out warm ups and cool downs safely and effectively.
I know how to stretch and name the major muscles in the body.

Shots and Skills

Shot Selection	Tactics	Precision	Sportsmanship
			
I can use the correct shot based on my opponent's return shots. These could be: • Forehand shot • Backhand shot • Drop shot • Volley	Using the right tactics in defence and attack will help win the game.	Using the skills you have with control and technique will improve precision.	It is playing fairly showing respect and fair play to opponents and graciousness in both victory and defeat.
I know that by applying skills and tactics, understanding the rules and working hard I am more likely to be successful.			

