



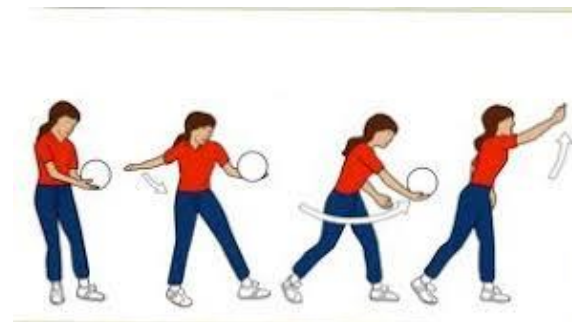
Year 2

Send and Return - Unit 1

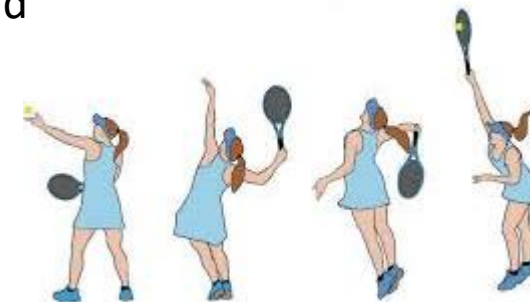
badminton	a game where you hit a shuttlecock across a net with a racquet
tennis	A game where you hit a ball across a net with a racquet
volleyball	A game where you use your hands to hit a large ball across a net
shuttlecock	A cone shape with feathers and a small ball that you hit cross the net in badminton
squash	A game where you use a racquet to hit a small ball against a wall
racquet	A round bat that you use to hit the ball or shuttlecock
forehand	When you use the racquet and your palm is facing forwards
backhand	When you use the racquet and the back of your hand is facing forwards
court	The foursided area that you play badminton, tennis, volleyball and squash in
serve	When you hit the ball or shuttlecock first to start the game

Unit focus

- be able to track the path of a ball over a net and move towards it
- Begin to hit and return a ball using a variety of hand and racquet with some consistency
- Play modified net/wall games throwing, catching and sending over a net



Forehand



Backhand

6 hours

Lesson 1

- Anticipate the flight of the ball fed from partner
- On toes move towards the line of the ball and return
- Keep track of score with partner

Lesson 2

- Players to identify their dominant and non-dominant side for sending a ball
- Play a modified game to send and return using dominant and non-dominant sides

Lesson 3

- Play a modified game introducing boundaries
- Use throwing and catching skills to play with a team to score points

Lesson 4

- Develop agility in isolated challenges
- Perform with increased agility in a conditioned game

Lesson 5

- Use correct grip to hold a tennis racquet
- Send, receive and stop a ball using a racquet along the ground
- Use self-feed to hit a ball to partner

Lesson 6

- Able to self-feed to send a ball to a partner using a racquet
- Attempt to combine skills to perform a rally

English / Maths Links

Literacy: Name some traditional net/wall games. Say out loud scores of self and others. Use some language related to net wall games.

Numeracy: Keep track of scores. Work out who are the winners.