

What we already know (Stage 6):

- Can apply the basic underarm serve in an isolated drill in volleyball.

Net and Wall Games
Year 7
What's next (Stage 7):

- Can use a range of attacking skills when playing a team game.

Physical Education Golden Concepts

Health related fitness

Movement and agility

Teamwork and communication

Fundamental skills

Building confidence and leadership

What I will know by the end of the unit:**Key Vocabulary**

Serve	Hitting the ball or shuttle to start play.
Rally	When players hit the ball back and forth without stopping.
Volley	Hitting the ball before it touches the ground.
Smash	A strong shot hit downward to score a point.
Footwork	Moving your feet in the right way to reach the ball or shuttle.
Tactics	Choosing smart ways to play and win points.
Positioning	Standing in the best place to play your shot.
Communication	Talking or signalling with your partner or team.
Cooperation	Working together to keep the game going and score points.

Use basic techniques in badminton, tennis, and volleyball, like **serving**, **volleying**, and hitting **rallies**.

Move confidently around the court to get in the best **position** to play shots.

Understand how skills like **balance, coordination**, and speed help me play better.

Try simple **tactics** to make it harder for my opponent to win points.

Work with teammates, talk and signal during play to help each other.

