

What we already know (Stage 7):

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

**Net and Wall Games
Year 8**

What's next (Stage 8):

- Can perform a basic set in volleyball.

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	The shot used to start a rally in badminton, tennis, or volleyball.
Rally	A continuous exchange of shots between opponents.
Volley	Striking or returning the ball before it touches the ground (tennis/volleyball).
Smash	A powerful overhead shot used to finish a rally (badminton/volleyball).
Footwork	The movement of the feet to maintain balance and positioning.
Tactics	Strategies used to outwit an opponent and create scoring opportunities.
Positioning	Placing yourself effectively on the court to defend or attack.
Communication	Talking and signalling effectively with teammates during play.
Cooperation	Working effectively with others to achieve success in doubles or team play.

- I know how to perform and apply different shots and techniques in badminton, tennis, and volleyball, such as **serve**s, **smashes**, **volleys**, and returns.
- I understand how to use **tactics** to outwit my opponent, such as placing shots into space or using deception.
- I understand the importance of **movement** and **positioning** to gain advantage during **rallies** or exchanges.
- I can reflect on performance and suggest ways to improve skill execution, decision making, and **tactics**.
- I can demonstrate **communication** and teamwork during doubles or team play, supporting my partner(s) to maintain **rallies** and achieve success.

