

Year 7 Net Games

Nets Games	Knowledge, Skills, Understanding
Higher	<p>Explain the technical demands of the activity</p> <p>Demonstrate a variety of shots in isolation (forehand/backhand/serve/spin/slice etc)</p> <p>Play effectively against an opponent in a competitive game demonstrating a sound knowledge of rules and scoring</p> <p>Explain how to use tactics and strategies effectively and demonstrate on occasion in a competitive game</p> <p>Begin analysing their own and others performance and are able to give detailed feedback on how to improve the quality of performance</p> <p>Lead a group in a warm-up activity demonstrating knowledge of the key stages of an effective warm-up</p>
Intermediate	<p>Describe the technical demands of the activity</p> <p>Demonstrate forehand and backhand shots with a change of pace and direction in isolation</p> <p>Play in a simple competitive game showing understanding of scoring systems and rules</p> <p>Explain how to use tactics and strategies effectively to gain an advantage in a competitive situation</p> <p>When watching others, can explain ways to refine and improve their performance</p> <p>Lead a group in a warm-up activity</p>
Foundation	<p>Have a basic understanding of the teaching points of the different techniques in the activity</p> <p>Demonstrate simple technique in some shots in isolation</p> <p>Complete a basic rally with an opponent</p> <p>Describe tactics and strategies in a rally even though they cannot demonstrate consistently</p> <p>Describe and comment on your own performance, making simple suggestions to improve quality and performance</p> <p>Suggest appropriate warm-up ideas for the selected activity</p>

NB: 'can'= understanding, 'able to'=skills