

Year 8 Net Games

Nets Games	Knowledge, Skills, Understanding
Higher	<p>Pupils/I:</p> <p>Can explain the technical and tactical demands of the activity</p> <p>able to adjust body position and shot selection to outwit an opponent in a competitive game</p> <p>can score a game successfully demonstrating good knowledge of rules</p> <p>able to play successful attacking and defensive shots, showing appropriate positional play and awareness of the opponent</p> <p>can analyse strengths and areas for improvement in own and others performance highlighting key areas for improvement</p> <p>can plan and lead a warm-up and cool down which include exercises that relate to the specific muscles that will be used in the activity.</p>
Intermediate	<p>Pupils/I:</p> <p>can explain the technical demands of the activity</p> <p>able to demonstrate a variety of shots in isolation (forehand/backhand/serve/spin/slice)</p> <p>able to play effectively against an opponent in a competitive game demonstrating a sound knowledge of rules and scoring</p> <p>can explain how to use tactics and strategies effectively and demonstrate on occasion in a competitive game</p> <p>can begin analysing their own and others performance and are able to give detailed feedback on how to improve the quality of performance</p> <p>able to lead a group in a warm-up activity demonstrating knowledge of the key stages of an effective warm-up</p>
Foundation	<p>Pupils/I:</p> <p>can describe the technical demands of the activity</p> <p>able to demonstrate forehand and backhand shots with a change of pace and direction in isolation</p> <p>able to play in a simple competitive game showing understanding of scoring systems and rules</p> <p>can 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>able to lead a group in a warm-up activity</p>

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