



TOP Games

Net and wall

Body position

- 1 Are you ready?
- 2 Flights and arrivals
- 3 Rebound ready

Holding the racket

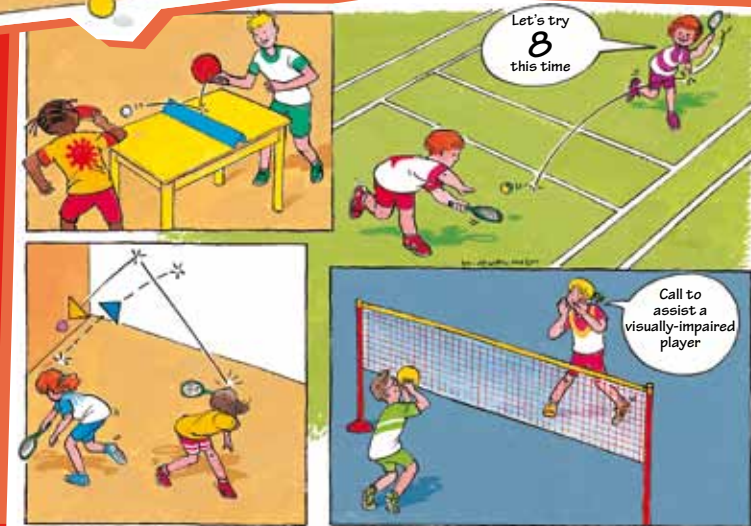
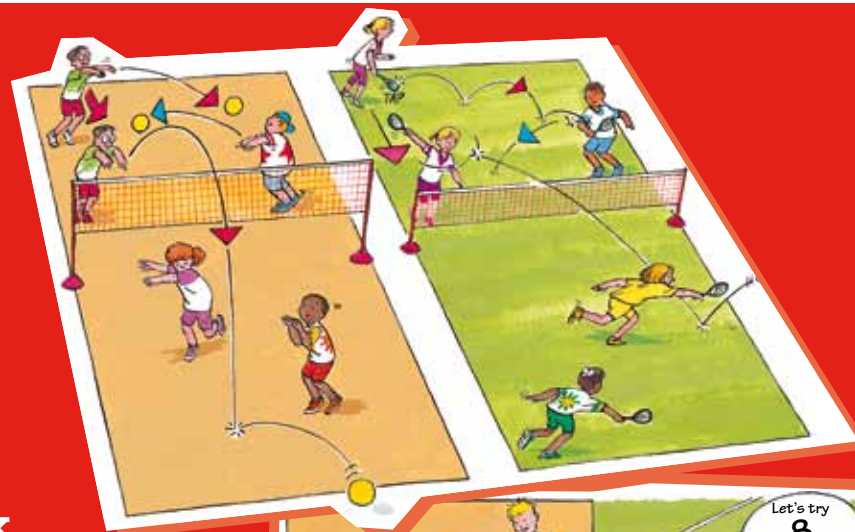
- 4 Getting a grip

Striking the ball/shuttlecock

- 5 Roving returns
- 6 In or out

Court play

- 7 Reliable rallies
- 8 Far and near and side to side
- 9 Go for ten
- 10 Team two v two



S Space

Where is the activity happening?	Level (height)	Low/high barrier.
	Direction	Forwards, backwards, sideways.
	Pathways	Straight, diagonal.
	Area	More/less, free/defined.
	Distance	Short/medium/long between points/people.

T Task

What is happening?	Rules	More/fewer.
	Roles	Allocate specific roles or rotate.
	Targets	More/fewer, closer/further away, score points, larger/smaller.
	Actions	More/fewer, specific/free-choice.

E Equipment

What is being used?	By type		By varying	
	Balls	Cones	Size	Weight Environment Play surface In/outdoor
Bats	Rubber lines	Shape		
Hands	Hoops	Colour		
Canes	Bench	Texture		

P People

Who is involved?	People working:	People with:	People in:
	independently in groups in pairs in teams with friends.	different/same roles different/same ability different/same size.	own space big spaces small spaces restricted space open space.

Net and wall games... Are you ready?

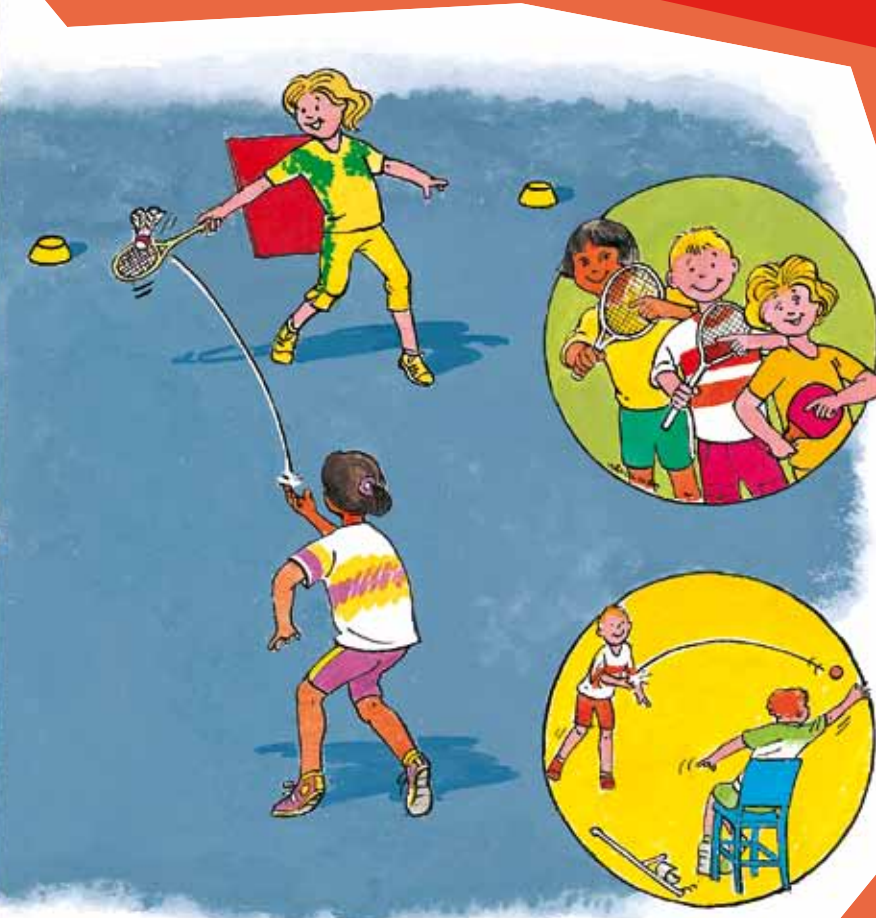
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How to play

- ▶ In pairs with one player in a goal marked with two safety markers.
- ▶ The player in the goal gets into the ready position.
- ▶ The other player throws the ball or shuttlecock somewhere between the two safety markers.
- ▶ The player in the goal moves to catch it, returns the ball or shuttlecock and gets back to the centre of the goal in the ready position.
- ▶ See how many catches each player can make.
- ▶ Make progress by getting the player in the goal to either catch the ball/shuttlecock or return it using a racket.

STEP

- S** Narrower/wider goal.
- T** Roll/bounce/throw the ball.
- E** Use hands/racket or bat.
- P** One or more defender/thrower.



Safety: Make sure the children are spread out and working a safe distance apart. Ensure the pupils use controlled movements.

Equipment: Balls, shuttlecocks and safety markers for the goals.

Skills

Example

Thinking Me

Predict	How and why can you determine where the ball/shuttlecock is going?
Make reasoned decisions	Judge when is the best time to arrive ready to catch or strike the ball/shuttlecock Why did you decide this?
Compare	Is it easier with or without a racket? Why?
Create	How can you change the game for table tennis equipment?

Social Me

Negotiate	How will you determine how long you spend in each role? Why is it important for you to decide this as a group?
Play fairly	Why would you want to make the game fair?
Empathise	Why is it important to congratulate each other?
Support	How can you help each other improve and why?

Healthy Me

Recognise the effect of exercise on the body	Explain what happens to your heart rate as you warm up. Why does this happen?
Identify emotions	How did your partner's feedback make you feel? Why?
Make positive self statements	What were you good at in this game?
Take risks	How could you challenge yourself and why would you do this?

Physical Me

Move with agility	How did you move to catch the ball/shuttlecock?
Maintain balance	Why would you want to be in a ready position?
Co-ordinate actions	What will determine which stroke you choose to use/how to catch the ball?
Improve accuracy/fluency/control/consistency	What will help you get the ball/shuttlecock to your intended target?

Net and wall games... Flights and arrivals

2

How to play

Crossfire

- ▶ Two pairs with each person standing on the side of a square.
- ▶ The pairs facing each other throw a ball between them.
- ▶ Each pair tries to get their ball to hit the other when the balls are at their highest point.

Four targets

- ▶ Mark four targets at the corners of a square.
- ▶ Two players, each standing between the targets.
- ▶ Each player tries to throw a beanbag into one of their opponent's targets.

Short and long

- ▶ In each half of an area mark two targets, one at the back and one at the front.
- ▶ Have one player each side of the court standing between the targets.
- ▶ Each player tries to throw a beanbag into one of their opponent's targets.

STEP

- S** Larger/smaller targets.
- T** More/fewer targets.
- E** Foam/mini-tennis balls.
- P** 2v1/1v2.



Safety: Ensure everyone is playing in the same direction. Ensure players are ready before the beanbag/ball is thrown.

Equipment: Beanbags, balls, shuttlecocks and safety markers.

Skills

Example

Thinking Me

Predict	Why would you anticipate where the ball is going?
Make reasoned decisions	Why it is good to get back to the home position after each throw?
Self-evaluate	Decide what size of target you want to aim for? Why did you do this?
Plan	How can you trick your opponent about which target you are aiming for? Why would you do this?

Social Me

Communicate	Why would you prepare your partner to receive the ball?
Collaborate	What is the best way to achieve success? Why?
Empathise	Even if you are disappointed with others why is it sometimes best to hide your feelings?
Give constructive feedback	What is the best way to give feedback to another person about their performance? Why?

Healthy Me

Understand the function of muscles	Which muscles are used in this game?
Understand how to warm up	Which stretches should we use to prepare these muscles?
Understand the importance of warming up and cooling down	What is different about stretching our muscles in a warm-up and cool-down?
Take responsibility	If you make a mistake, how do you react? Does this help?

Physical Me

Move with agility	What is the quickest way to turn your body? Why would you need to know this?
Maintain balance	Why do you need to be ready to move in any direction?
Co-ordinate actions	What techniques did you use to try to get the balls to hit one another?
Improve accuracy/fluency/control/consistency	What will help you to reach the same target repeatedly?

Net and wall games...

Rebound ready

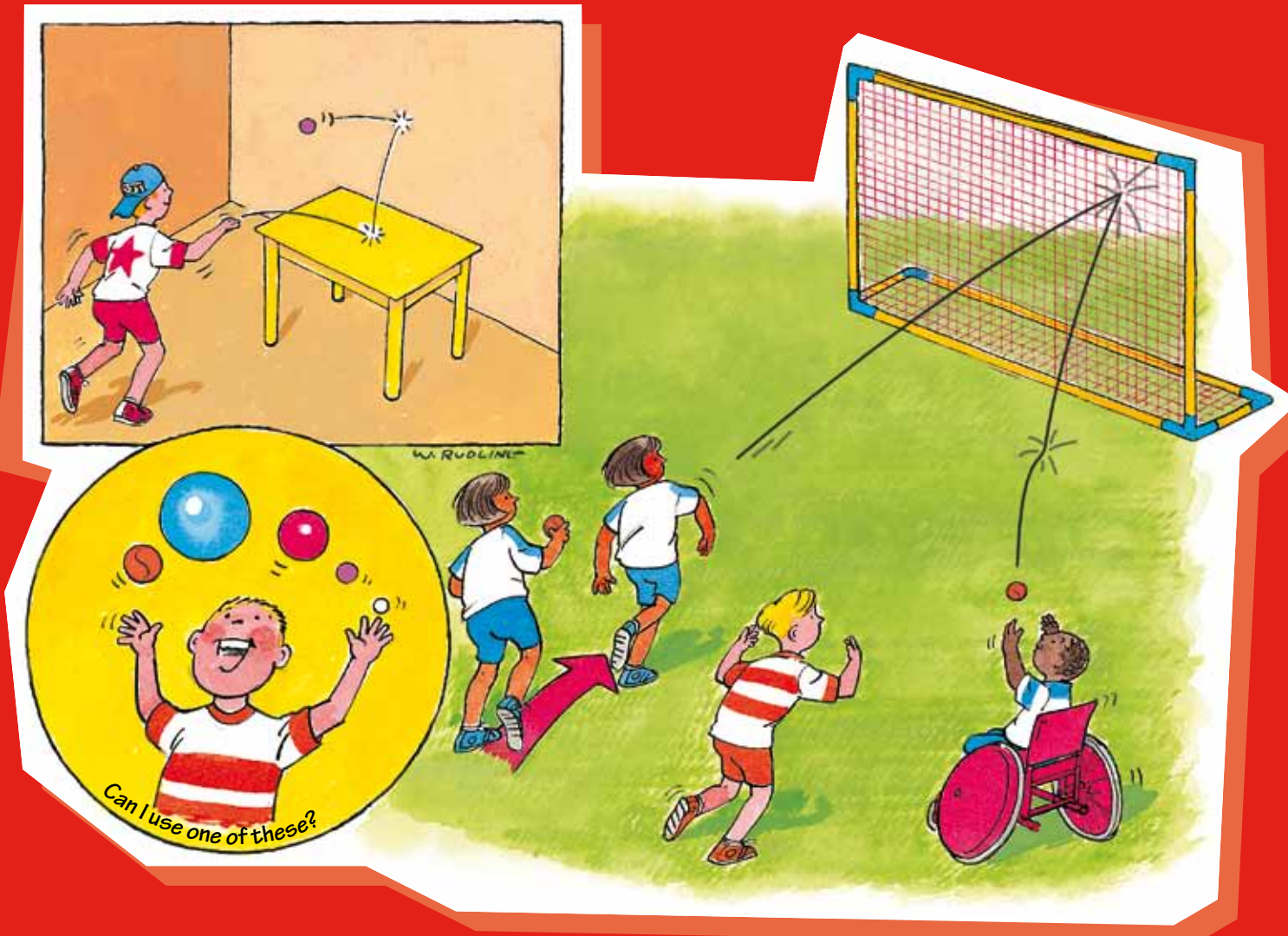
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How to play

- ▶ In pairs.
- ▶ One player throws the ball against a wall or suitable surface.
- ▶ The other player moves into position and catches the ball before it bounces or after one or two bounces.
- ▶ Work together to see how many successful catches can be made.

STEP

- S** Move closer/further away from the wall.
- T** Roll/underarm throw/overarm throw.
- E** Softer, lighter/heavier, faster ball.
- P** Play co-operatively/competitively.



Safety: Ensure there is enough space between the pairs.
Take care when collecting loose balls.

Equipment: Balls and a suitable rebound net or surface.

Skills

Example

Thinking Me

Predict	Why would you want to anticipate where the ball will land?
Modify	Why would you adapt the game when using a different ball?
Make reasoned decisions	What is the most appropriate form of catch depending on the rebound?
Analyse	Which is the best position to stand in between catches? Why?

Social Me

Be patient	Why is it important to be patient when someone misses a catch?
Motivate others	Why would you congratulate each other?
Give constructive feedback	What is the best way to suggest improvements to your partner? Why?
Praise	Why is it important to praise others?

Healthy Me

Identify how to be more physically active	Where and when could you play this game other than in a PE lesson?
Understand the function of the joints	Which joints are used in this game?
Understand how to warm up	Which mobility exercises could you use to prepare these joints?
Be independent	Why would you challenge yourself?

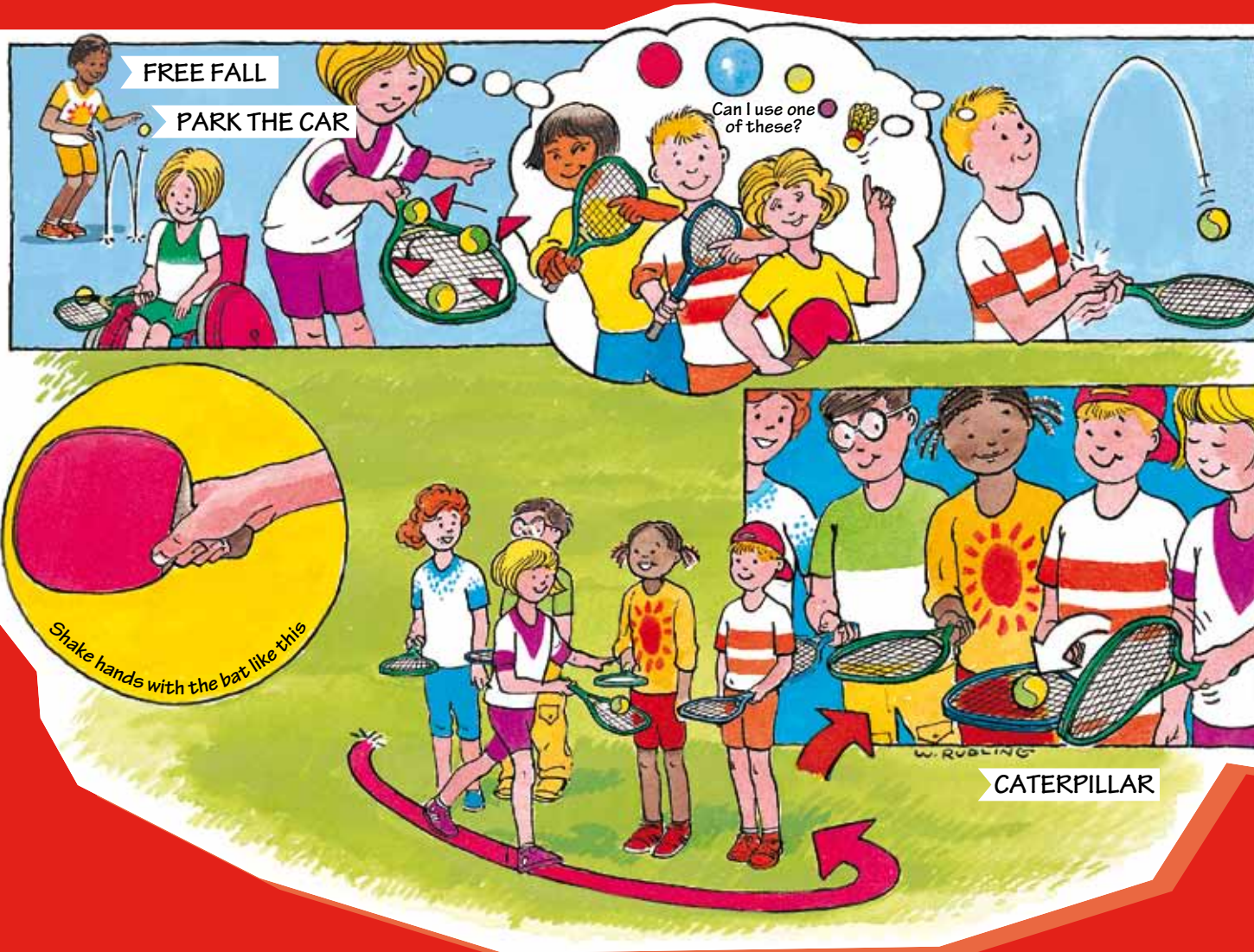
Physical Me

Move with agility	What will you have to change if you catch the ball without a rebound? Why would you do this?
Maintain balance	Why is it important to get back to a ready position after playing the ball?
Co-ordinate actions	Why might you catch with different hands or both hands?
Improve accuracy/fluency/control/consistency	How can you throw the ball to make it easier to receive? Why would you do this?

Net and wall games...

Getting a grip

4



How to play

Free fall

- ▶ Start with the ball in two hands.
- ▶ Let the ball drop and catch it after a set number of bounces.

Park the car

- ▶ Place the ball on the racket and roll it around.
- ▶ Try and move the ball into the neck of the racket.

Caterpillar

- ▶ In fours.
- ▶ The first player puts the ball on the racket and moves to the front of the line.
- ▶ When at the front this player passes the ball to the next player's racket.
- ▶ The ball moves down the line to the end and then the end player moves to the front.
- ▶ Continue until everyone has had a turn or a set distance has been covered.

STEP

- S** Keep closer together/ further apart.
- T** Walk/jog.
- E** Larger/smaller racket or bat.
- P** Larger/smaller teams.

Safety: Ensure the children have enough space for each skill.
Encourage the children to look up as much as possible.

Equipment: Rackets, balls and shuttlecocks.

Skills

Example

Thinking Me

Experiment	Why would you hold the bat/racket at different angles when passing?
Evaluate	Decide which side of your body you prefer to receive the ball and why?
Create	What other games can you create that use a bat/racket and ball/shuttlecock?
Compare	What are the differences between controlling/passing a ball and a shuttlecock?

Social Me

Support	How can and why would you help each other improve?
Respond appropriately	How can and why would you use constructive advice?
Be an effective team player	Why would you make it easy for your team-mates to receive the ball?
Praise	How do and why would you praise each other?

Healthy Me

Identify the function of joints	Which joints do you use when playing these games?
Identify how to warm-up	Which activities could you use to mobilise these joints?
Understand the importance of warming-up	What is the purpose of moving joints in a warm-up?
Take responsibility	If you drop the ball, how do you react? Does this help?

Physical Me

Move with agility	When you stop at the front of the line how do you keep the ball from falling off your bat/racket?
Maintain balance	How can you use your whole body to help keep the ball on the bat/racket when moving and why would you do this?
Co-ordinate actions	How and why would you receive the ball on the opposite side of the body to the side you are holding the bat/racket?
Improve accuracy/fluency/control/consistency	How can you make your movements smoother between bounces and why would you want to do this?

How to play

Air ball

- ▶ In pairs rally hand to racket.
- ▶ Rally score ends when the ball or shuttlecock hits the ground.

On the bounce

- ▶ A ball is thrown to the partner.
- ▶ The ball is hit back so it can be caught after one bounce.

Volley and catch

- ▶ The ball is thrown high to a partner who volleys it back to the feeder who catches it.
- ▶ Five turns and swap roles.

Rebound and catch

- ▶ The ball is thrown at a wall for the partner to hit back.

STEP

- ▶ **S** Narrow/wider area.
- ▶ **T** Roll/bounce/no bounce.
- ▶ **E** Line/low/high barrier or net.
- ▶ **P** Play co-operatively/competitively.



AIR BALL

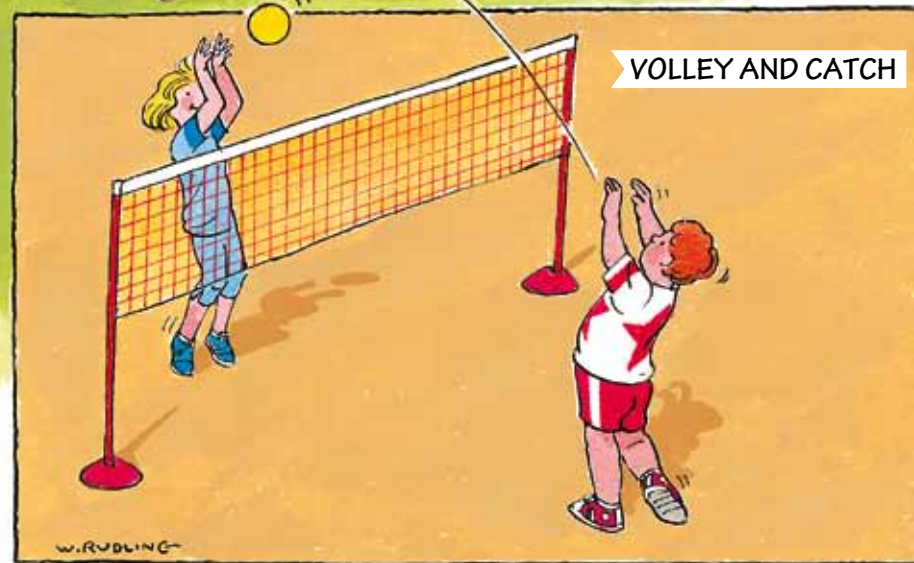


ON THE BOUNCE

REBOUND AND CATCH



ON THE BOUNCE



VOLLEY AND CATCH

Safety: Ensure pairs are a safe distance from each other and are hitting in the same direction. Encourage co-operation by getting the children to set goals to keep them focused.

Equipment: Rackets, balls, shuttlecocks and suitable barriers or nets.

Skills

Example

Thinking Me

Create	Make up a scoring system and teach to another pair. How and why did you decide on this scoring system?
Assess	How could you apply what you've learned to help someone else?
Make a reasoned decision	Analyse which shot is most appropriate. Why?
Self-assess	What changes could you make to this game to challenge yourself?

Social Me

Take turns	Judge when it is best to swap roles. Why would you want to take turns?
Motivate others	How can you motivate each other to beat your last rally? How does this help?
Listen to others' views	What do you do with the advice that your partner gives you to help you improve? Why is it important to listen to others?
Collaborate	Work out the best way to communicate during a rally. Why is it important to communicate?

Healthy Me

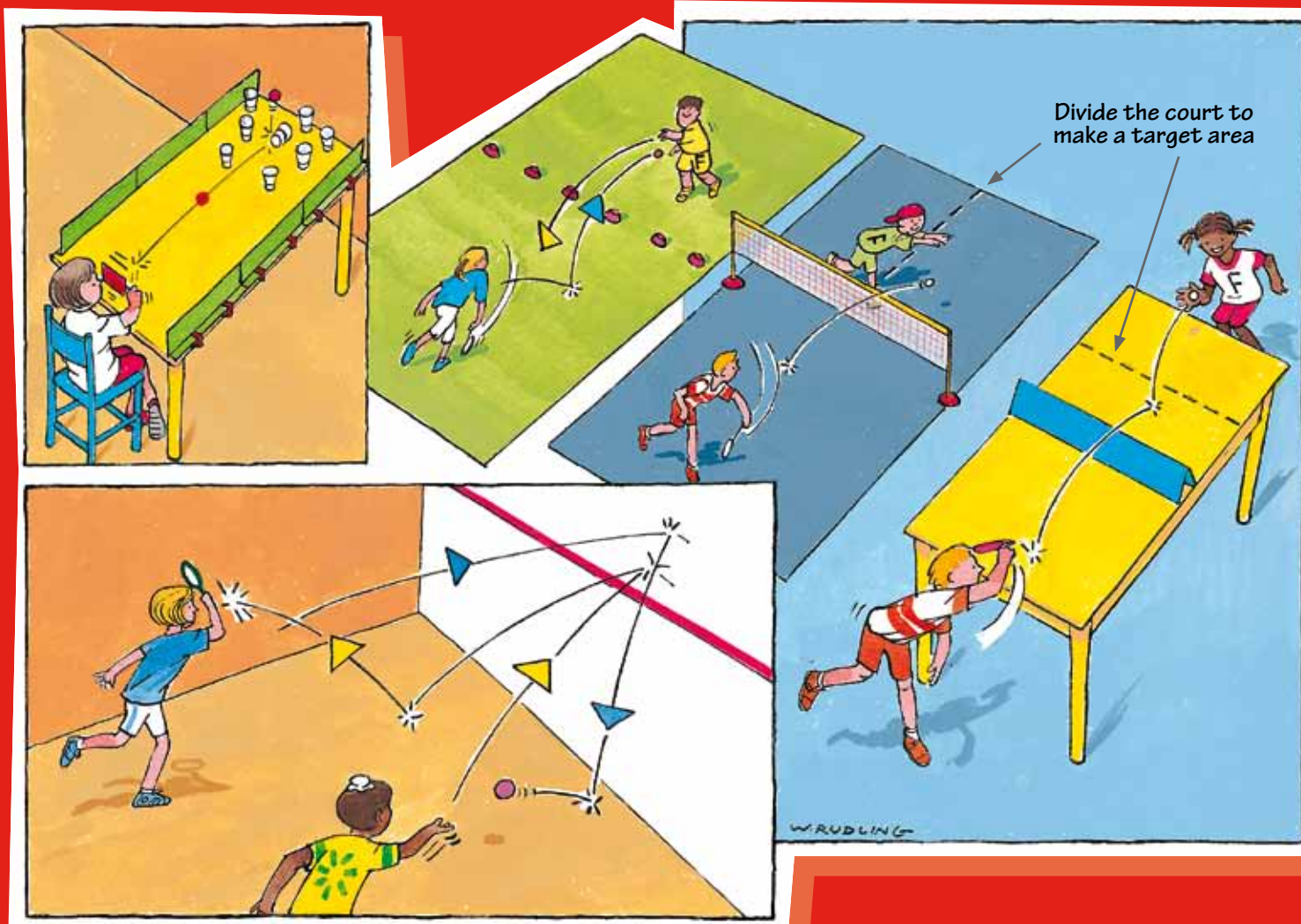
Identify what they enjoy about different activities	Why do you like or dislike this game?
Demonstrate self-control	How did you both behave when the rally ended and why did you do this?
Make positive self statements	Which role were you better at? Why?
Take responsibility	What is your role as a partner and why is this important?

Physical Me

Move with agility	How and why would you change your movements if you had to hit the ball without a bounce?
Maintain balance	How can you and why do you need to be ready early?
Co-ordinate actions	How will and why would you anticipate where the ball is going to go?
Improve accuracy/fluency/control/consistency	What is the difference between a smooth and a hesitant action?

Net and wall games... In or out

6



How to play

- ▶ In pairs, playing in a defined area with boundary lines.
- ▶ One player feeds the ball from one side of the court.
- ▶ The other player has to hit the ball back into court.
- ▶ Each player has five turns and then swap.
- ▶ Make progress by trying to hit the ball into smaller areas (half court, back court, etc).

STEP

- S** Closer/further away from target area.
- T** More/fewer target areas.
- E** Larger/smaller targets.
- P** Undefended/defended.

Safety: Emphasise the need for the hitter to control the ball or shuttlecock back to the feeder. Use underarm feeds.

Equipment: Rackets, balls, shuttlecocks and suitable barriers or nets.

Skills

Example

Thinking Me

Assess	Which racket or ball do you prefer? Why?
Evaluate	Why are some areas harder to hit from?
Explore	Why are different shots more effective at hitting different target areas?
Create	How can you change the scoring system to make the game easier or harder?

Social Me

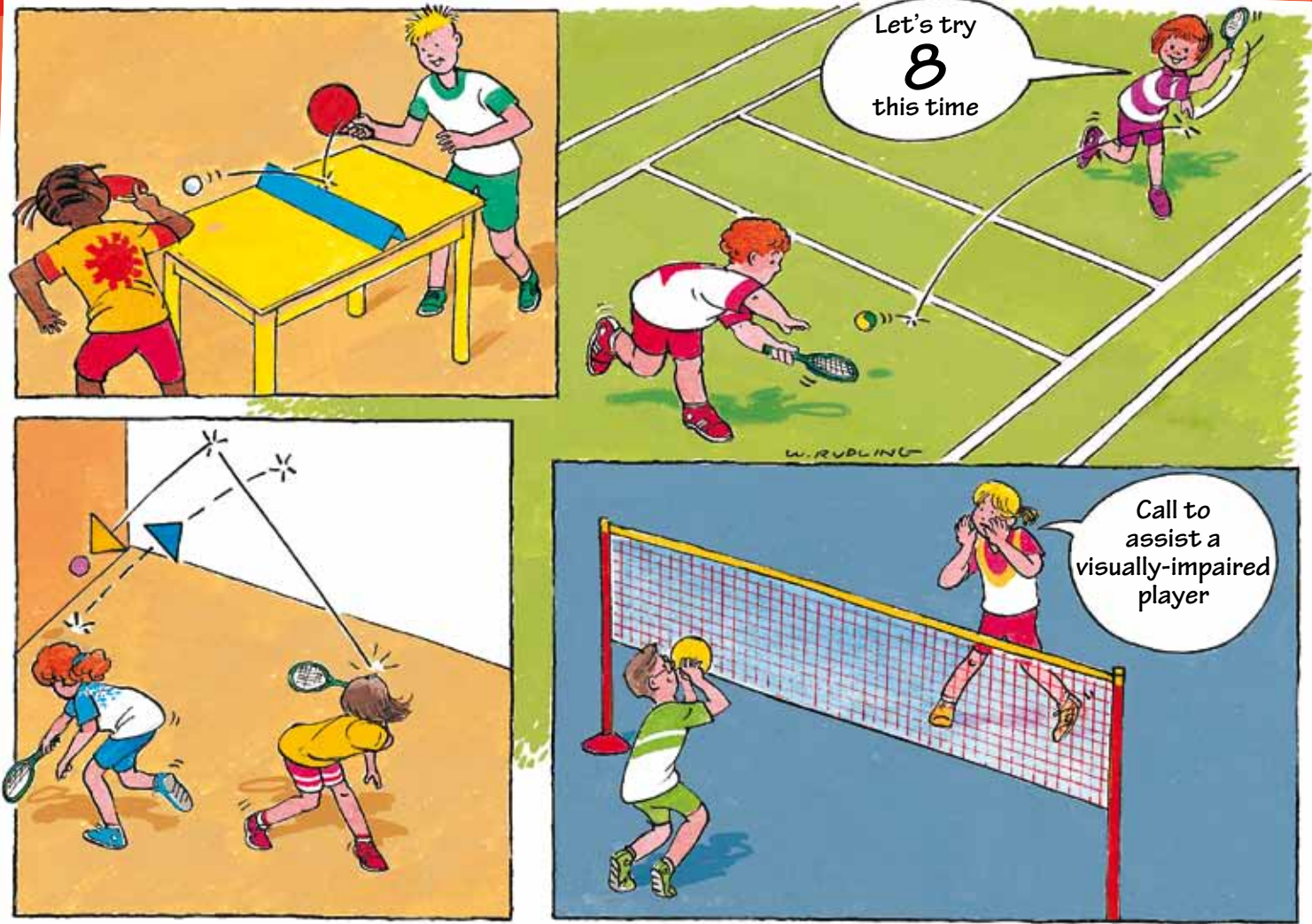
Be considerate	How can you ensure your partner is ready?
Give constructive feedback	What advice can you give to partner to help them improve?
Praise	Why is it important to praise your partner when they make a good shot?
Take turns	How can you ensure that you both get the opportunity to improve your hitting?

Healthy Me

Recognise the effects of exercise on the body	What happened to your heart rate during this game? Why?
Ask for help	Who can help you to improve? Why is it important to ask someone else for help or advice?
Persevere	Even if you find this game difficult why is it important to keep trying?
Demonstrate self-control	When you miss the ball/target how do you feel? Why is it important to manage these feelings?

Physical Me

Move with agility	How will you move quickly back to the ready position once you have hit the ball/shuttlecock?
Maintain balance	What is the best position to be in when getting ready to hit the ball/shuttlecock? Why?
Co-ordinate actions	How can you use your body to make a more forceful shot?
Improve accuracy/fluency/control/consistency	What is the best position to move back to once you have hit the ball/shuttlecock?



How to play

- ▶ Work in pairs to achieve the highest rally score using:
 - ▶ forehands
 - ▶ backhands
 - ▶ volleys.
- ▶ The children should set themselves targets to achieve.
- ▶ Introduce time limits for the rallies.
- ▶ The children should work together as a team.

STEP

- T** Smaller/larger court area.
- S** Unlimited/limited touches.
- E** Line/low/high barrier or net.
- P** Even/uneven teams.

Safety: Space the children out.
Emphasise a controlled swing of the racket.

Equipment: Rackets, balls, shuttlecocks
and a suitably marked area.

Skills

Example

Thinking Me

Compare	What are the similarities and differences between how you and your partner strike the ball?
Consider	How can you make it easier for your partner to return the ball?
Examine	What is the most effective way of striking a ball that falls at your non-dominant side?
Predict	What can help you anticipate where the ball will go?

Social Me

Compete with others	How can you and your partner work together to achieve the highest rally score possible?
Empathise	How does it feel when you miss a shot? What would make you feel better?
Negotiate	Decide who is the best person to start off the rally. How did you make your choice?
Praise	How can praising another help the team's performance?

Healthy Me

Understand intensity	Did you feel you were using the same amount of energy throughout the game? Why?
Understand that everyone likes different activities	Why did you like or dislike this game? What would make it more enjoyable for you?
Be autonomous	Which equipment would you prefer to play this game with? Why?
Persevere	Why is it important to keep trying to reach your target?

Physical Me

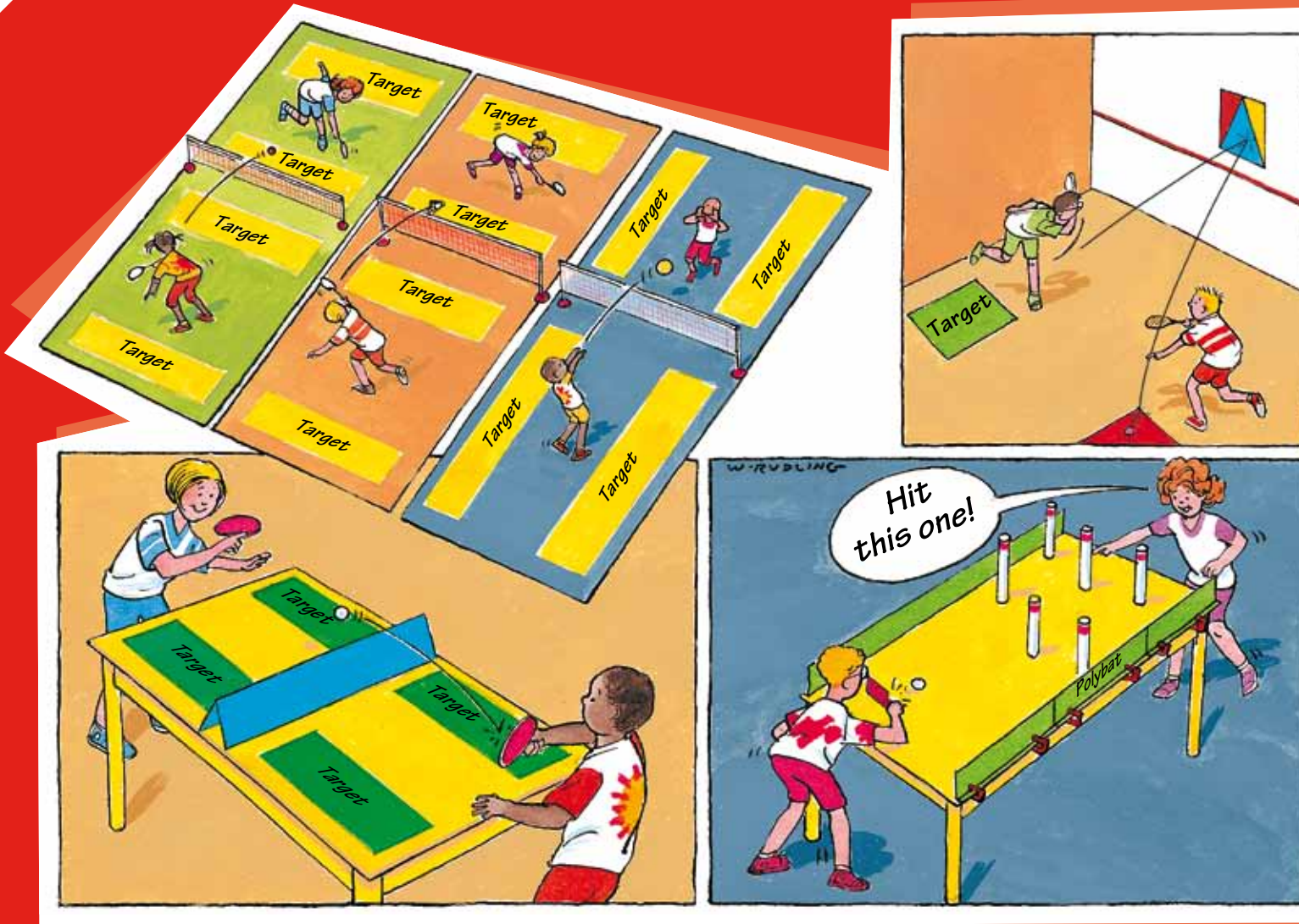
Move with agility	How can you move quickly around the playing area?
Maintain balance	How do you maintain a balanced ready position?
Co-ordinate actions	What will help you move to the best position to play the shot?
Improve accuracy/fluency/control/consistency	What could you do to control the ball before hitting it?

Net and wall games... Far and near and side to side

8

How to play

- ▶ Work in pairs, firstly setting out the court with wide targets or targets near the net and the back of the court.
- ▶ In each rally the players try to hit the targets as many times as possible, scoring one point each time they hit a target.
- ▶ The pair should discuss how many points they think they can score in each rally.
- ▶ Play five rallies and try to beat the score at least once.
- ▶ Change the targets and repeat.



Safety: If possible draw target areas on the ground or warn children of the possibility of slipping on safety markers.

Equipment: Rackets, balls, shuttlecocks and a suitably marked area.

STEP

- S** Larger/smaller court.
- T** Undefended/defended areas of court.
- E** Larger/smaller targets.
- P** Even/uneven teams.

Skills

Example

Thinking Me

Predict	How many points do you think you can score in each rally? Why?
Investigate	What changes in technique do you have to make in different shaped courts? Why?
Assess	How can you assess your partner's strengths?
Problem solve	How can you make it difficult for your opponent to return the ball/shuttlecock?

Social Me

Negotiate	How can you challenge yourselves when playing in pairs? How did you come to an agreement?
Collaborate	How did you decide the size and location of the targets?
Support	How can you support your partner if they keep missing the target? Why is this important?
Resolve conflict	If you disagree about whether a target was hit, how could you resolve the problem?

Healthy Me

Cope with failure	How did you react if you missed a target? Did this help?
Understand the effects of exercise on the body	How did your appearance change during the game? Why?
Understand the function of joints	Which joints do you use when playing this game?
Understand how to warm up	How can you prepare these joints in a warm-up? Why is this important?

Physical Me

Move with agility	How can you recover quickly to the ready position?
Maintain balance	Which body position is the most effective when preparing to hit the ball/shuttlecock? Why?
Co-ordinate actions	How do you hit the ball/shuttlecock differently for targets near and far and side to side? Why?
Improve accuracy/fluency/control/consistency	What could help you control the ball/shuttlecock better?

Net and wall games... Go for ten

9



How to play

- ▶ Work in pairs, firstly setting out the court with targets which will score ten points.
- ▶ Play competitively, with ten points being scored each time a target is hit.
- ▶ Make progress by scoring ten points when the target is hit and the opponent cannot return the ball or shuttlecock.

STEP

- S** Larger/smaller targets.
- T** Give targets higher/lower scores.
- E** Slower/quicker balls or shuttlecocks.
- P** Same/mixed ability pairs.

Safety: Warn children of the possibility of slipping on safety markers or draw target areas on the ground.

Equipment: Rackets, balls, shuttlecocks and a suitably marked area.

Skills

Example

Thinking Me

Plan	How can you make it more difficult for your partner to hit the ball?
Consider	Why would considering your partner's playing ability help you?
Predict	How would you use varying shots to outwit your opponent?
Create	What practice could you use to help you with this game?

Social Me

Take turns	Why is it important to alternate who serves?
Communicate	How will communicating with your partner help you be more successful?
Negotiate	If you disagree about whether the target was hit, how might you solve the problem?
Listen to others' views	Why is it important to listen to your partner's views about your team's performance?

Healthy Me

Understand the benefits of playing games	What are the benefits of playing this game (apart from the physical)?
Make positive self statements	What aspects of this game are you good at and why?
Cope with failure	How does it make you feel if you miss the target repeatedly? How can you use these feelings to your advantage?
Take the initiative	What could you do if the game becomes less challenging?

Physical Me

Move with agility	If the ball is hit away from you, how will you be ready to move quickly to reach it?
Maintain balance	How will you ensure that you are in control when moving?
Co-ordinate actions	What can help you direct a shot where you want it to go?
Improve accuracy/fluency/control/consistency	How does your body feel when you've hit a good shot? How can you use this feeling?

Net and wall games...

Team two v two

10

How to play

- ▶ Four players working in pairs playing doubles.
- ▶ The ball can be played on the pair's own side of the court as many times as they need.
- ▶ Allow one or two bounces between shots.
- ▶ The ball is dead when it has bounced more times than the limit or when it rolls.
- ▶ The ball should be played over the net to try to win a point by playing the ball or shuttlecock into space away from the opponents.
- ▶ When the ball is still, a time-out can be called to discuss the game and alter positions or tactics.

STEP

- S** Larger/smaller court area.
- T** Allow any number/limit the number of touches.
- E** Use a low/correct height net.
- P** Use odd sided teams.



Safety: Ensure children give each other enough space when swinging rackets in the same area.

Equipment: Rackets, balls, shuttlecocks and a suitably marked area.

Skills

Example

Thinking Me

Make a reasoned decision	When would be a good time to call time-out? Why?
Examine	How will you decide when to play the ball/shuttlecock over the net?
Plan	How will you and your partner work effectively together in the space?
Create	What changes could you make to the game to make it more challenging?

Social Me

Communicate	How will you and your partner communicate whether to pass the ball/shuttlecock to each other or play it over the net?
Motivate	How can you keep each other motivated when you are losing?
Collaborate	Why is it important to agree tactics with your partner before implementing them?
Take turns	Why is it important to alternate who serves?

Healthy Me

Understand the effects of exercise on body temperature	What happened to your body temperature during the game? How do you know? Why does this happen?
Understand how to cool down	How will you return your body temperature back to normal?
Understand the importance of cooling down	Why is returning your body's temperature back to normal important?
Understand why everyone enjoys different activities	Did you prefer playing this game with a small ball, large ball or shuttlecock? Why?

Physical Me

Move with agility	What will help you make an explosive start when moving to reach the ball/shuttlecock?
Maintain balance	How do maintain your balance when moving?
Co-ordinate actions	When is the best time to reach the ball to return it? Why?
Improve accuracy/fluency/control/consistency	How do you know you are ready to play the ball over the net?