

PE Year 5 Spring 2

Fundamental Skills



- Hold a striking implement with good grip and technique.
- Strike a ball with control towards a partner.
- Experiment with using forehand/backhand strikes.
- Strike a ball with accuracy towards a target/space.
- Strike a ball with accuracy towards a target/space.
- Strike a ball using forehand and backhand with better accuracy to a space.
- Effectively perform a lob shot.
- Effectively perform a drop shot.
- Effectively perform a volley.
- Effectively perform a smash shot.
- Perform a variety of shots into an open space.
- Understand when to use different shots in a game situation.
- Seek out space to attack and perform a shot that applies pressure to an opponent.



Children work together to strike the ball using their hands out of their area into another team's area without the ball bouncing twice in their zone.



Split children into 4/5 teams with each team having one ball. Each team lines up behind a cone at one side of the playing area, at the other side of the playing area place lots of skittles for children to try and hit.

Question

Can you effectively perform a variety of shots?

Vocabulary

Grip, technique, control, forehand, backhand, accuracy, lob shot, drop shot, volley, smash shot, choose, space, attack.