



May 2020

Focus/Unit: Net/Wall Games

Week 1 - Lesson 1: Introduction to Net & Wall Games

| Week # Lesson # Title | Safety Requirements Equipment | Learning Goal(s) Success Criteria | Ophea Resources & Supports |
|---|---|---|--|
| <p>Week #1</p> <p>Lesson 1/4</p> <p>Title: Introduction to Net & Wall Games</p> <p>Net and wall games are games in which the learner propels an object into space trying to make it difficult for an opponent to return it (e.g., tennis, badminton, squash, volleyball). In this unit we will teach net and wall games through games by breaking it into their simplest format - then increase complexity throughout the weeks ahead.</p> | <p>Safety:</p> <ul style="list-style-type: none"> Space where the movement activity is to take place large enough for the number of learners and required movements. Surface where the movement activity is to take place a non-slip surface. Space where the movement activity is to take place free of obstacles. | <p>Primary Focus: Sending and receiving an object safely with an implement.</p> <p>Junior Focus: Sending and receiving an object with an implement to create a rally.</p> <p>Intermediate Focus: Sending and receiving an object with an implement to create a rally and demonstrating control with object placement.</p> <p>Learning Goal: We are learning how to control an object safely with an implement, for fun and success.</p> <p>Success Criteria: (Reference video for examples/demonstrations of Look fors)</p> <ul style="list-style-type: none"> I can demonstrate a ready position. I can send and receive an object with my paddle. I can send and receive an object within a boundary. I can maintain a safe distance from objects/obstacles or others. | <p>Ophea Resources & Supports:</p> <p>PlaySport https://www.playsport.net/</p> <ul style="list-style-type: none"> Net/Wall Activity: Keep It Up Net/Wall Activity: One Bounce <p>Learn to Move: Fundamental Movement Skills Activity Cards & Posters https://teachingtools.ophea.net/supplements/learn-move/posters/movement-skills</p> <ul style="list-style-type: none"> One Handed Strike with Implement Activity Card & Poster <p>Learn to Move: Fundamental Movement Strategies Activity Cards & Posters https://teachingtools.ophea.net/supplements/learn-move/posters/movement-strategies</p> <ul style="list-style-type: none"> Net/Wall Activity Card & Poster |

Game and/or Activity: Primary/Junior/Intermediate

Primary Game: Adaptation to Ophea's PlaySport Resource: [Net/Wall Activity: Keep It Up](#)

Primary Focus: Sending and receiving an object safely with an implement.

Equipment:

- Bean bag/sealable plastic bag filled with beans (easy)
- Balloon/air in sealable plastic bag (moderate)
- Ball that bounces (difficult)
- Implement for paddle (e.g., paper plate, paper box, frisbee, paddle)
- Create the playing area using tape/string/rolled-up towels

Set Up:

- Create a large playing area (this is where you will be controlling the object).

How To Play Alone:

- With your hand, send and receive the object.
- Start with a bean bag/sealable plastic bag filled with beans (easy).
- To start, send the object in the air and have the object land on your open hand. Aim to have your object go no higher than the height of your head.
- Attempt it 5 times in a row while staying within the designated playing area.
- Progress to the balloon/air in sealable plastic bag (moderate) then a ball that bounces (difficult)
- If successful, progress to keeping the object up and then having it bounce once.
- Attempt it 5 times in a row.
- Progress to using a paddle.
- The shorter the handle on the implement (or the closer it is extending from your hand), the easier it is to control.

How To Play with Another Learner:

- Alternate turns and continue to keep the object within the playing area.

Extensions:

- Play against a wall.
- Increase/decrease the size of the playing area.
- Change the object.
- Change the implement.
- Use non-dominant hand; use both hands, alternating.
- Using forehand and backhand.
- Play sitting down or kneeling.

Look Fors (Success Criteria):

- I can look at the object.
- I can be in a ready position.
- I can send the object with a controlled force (*i.e., i) not too hard/soft; ii) object in optimal position iii) sent at speed that makes it easy for partner to receive*).
- I can move to where the object is going.

Junior Game: Adaptation to Ophea's PlaySport Resource: [Net/Wall Activity: One Bounce](#)

Junior Focus: Sending and receiving an object with an implement to create a rally.

Equipment:

- Bean bag/sealable plastic bag filled with beans (easy)
- Paper ball, 8" Ball, 6" Ball (moderate)
- 4" Ball, tennis ball (difficult)
- Implement for paddle (e.g., paper plate, empty box, frisbee, paddle, racket)
- Line markers for playing area and midline (e.g., tape, string, chalk, skipping rope, rolled-up towels)

Set Up:

- Create the playing area with a line separating two sides using tape/string/chalk/skipping rope/rolled up towels (this is where you will be controlling the object).

How To Play Alone:

- Bounce the ball on your own side, and gently send it with an open palm to the other side.
- While moving to the other side, let the ball bounce once on that side and return it to your original side.
- Repeat this exchange over the line, counting how many consecutive times you can hit the ball off of one bounce, while keeping it within the activity area.
- Play again, trying to beat your score.
- Consider playing against a wall with line markers to limit playing area. Play similarly as above, allowing only one bounce before sending the ball back against the wall.

How To Play with Another Learner:

- Bounce the ball on your own side, and gently send it with an open palm to the other side.
- The partner lets the ball bounce once on their side and returns it using an open palm.
- Repeat this exchange over the line, counting how many consecutive times you and your partner hit the ball off of one bounce, while keeping it within the activity area.
- Play again, trying to beat your score.
- Consider playing against a wall as with one learner, alternating turns with a partner instead, with the same parameters.

Extensions:

- Play against a wall.
- Increase/decrease the size of the playing area.
- Change the object.
- Change the implement.
- Change the midline marker.
- Use non-dominant hand.
- Play sitting down or kneeling.

Look Fors (Success Criteria):

- I can look at the object.
- I can be in a ready position.
- I can send the object with a controlled force.
- I can move to where the object is going.

Intermediate Game: Adaptation to Ophea's PlaySport Resource: [Net/Wall Activity: One Bounce](#)

Intermediate Focus: Sending and receiving an object with an implement to create a rally and demonstrating control with object placement.

Equipment:

- Bean bag/sealable plastic bag filled with beans (easy)
- Paper ball, 8" Ball, 6" Ball (moderate)
- 4" Ball, tennis ball (difficult)
- Implement for paddle (e.g., paper plate, empty box, frisbee, paddle, racket)
- Line markers for playing area and midline (e.g., tape, string, chalk, skipping rope, rolled-up towels)

Set Up:

- Create the playing area with a line separating two sides using tape/string/chalk/skipping rope/rolled up towels (this is where you will be controlling the object).

How To Play Alone:

- Bounce the ball on your own side, and gently send it with an open palm to the other side.
- While moving to the other side, let the ball bounce once on that side and return it to your original side.
- Repeat this exchange over the line, counting how many consecutive times you can hit the ball off of one bounce, while keeping it within the activity area.
- Now attempt to practice controlling the object (ball) placement by following a pattern such as: sending the object over the net but close to the net x2, then sending the object over the net but far from the net x2. Try different patterns to practice controlling the object placement.
- Play again, trying to beat your score.
- Consider playing against a wall with line markers to limit playing area. Play similarly as above, allowing only one bounce before sending the ball back against the wall.
- Consider sending to a mid-height spot on the wall x2, then sending to a high spot on the wall x2. Try different patterns to practice controlling the object placement.

How To Play With Another Learner:

- Bounce the ball on your own side, and gently send it with an open palm to the other side.
- The partner lets the ball bounce once on his or her side and returns it using an open palm.
- Repeat this exchange over the line, counting how many consecutive times you and your partner hit the ball off of one bounce, while keeping it within the activity area.
- Now attempt to practice controlling the object (ball) placement by following a pattern such as: sending the object over the net but close to the net x2, then sending the object over the net but far from the net x2. Try different patterns to practice controlling the object placement.
- Play again, trying to beat your score.
- Consider playing against a wall as with one learner, alternating turns with a partner instead, with the same parameters. Consider sending to a mid-height spot on the wall x2, then sending to a high spot on the wall x2. Try different patterns to practice controlling the object placement.

Extensions:

- Play against a wall.
- Increase/decrease the size of the playing area.
- Change the object.
- Change the implement.
- Change the midline marker.
- Use non-dominant hand.

Look Fors (Success Criteria):

- I can look at the object.
- I can be in a ready position.
- I can send the object with a controlled force.
- I can move to where the object is going.
- Knowing my ability, I can set a realistic goal.

Accommodations and Modifications:

Accommodations:

- Increase/decrease the size of the playing area.
- Change the object you are sending.
- Change the implement you are sending the object with (the shorter the handle on the implement, or the closer it is extending from your hand, the easier it is to control).
- Throw the object over the net and/or add targets on the other side of the net.

Modifications:

- If the learner has challenges sending and/or receiving objects, consider the following:
 - Hold the paddle while walking to designated spots.
 - Hold the paddle while balancing a flat object while walking to designated spots.
 - Progress to balancing a more challenging object such as a ball.
 - Hold the paddle while balancing an object on it and then transferring the object onto a partner's paddle.

P/J/I Guiding Questions (embed social-emotional learning skills):

1. Describe how you position your body when sending an object with an implement over a line/net?
2. Describe how you can send the object to help your partner receive it successfully. (A1.6)
3. How do you position your body to receive an object from over a line/net with or without an implement? (A1.6)
4. Describe how using the strategy of 'making predictions' can help you be successful in this week's games. (A1.6)
5. Think about what you were successful at in the game. Describe what you think made it successful for you? (A1.2)
6. Were there parts of the game where you experienced stress? What can you do when you are having these feelings? (A1.2)