

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: KS1 Year B– Pickleball

Key Concept- Concepts: Joy of movement, personal challenge, building resilience, Critical thinking, and action.

POS aims from NC:

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

Prior Learning (what pupils already know and can do)

- Pupils will be able send and receive a ball with some degree of accuracy.
- Pupils will be able to catch and track the flight of the ball with eyes.
- Pupils will be able to strike a ball with some degree of accuracy.
- Pupil will know how to communicate effectively with a partner and others.
- Pupils will know how to hold a racket and strike with some consistency on the forehand.

Long-term Learning (what pupils MUST know and remember) End Goals

Pickleball

- To know how to hold the paddle correctly and how to balance and roll the pickleball around using the paddle
- To know how to and when to strike the pickleball and how to hit a pickleball using a forehand drive using the correct technique.
- To know how to keep eyes on the ball.
- To know how to use the correct technique to serve, strike and return the ball
- To know how to play a game of pickleball and how to score points

Key Vocabulary

paddle, hold, strike, roll, power, drive, forehand, backhand, technique, serve.

Session 1 – To be able to balance the pickleball on their paddle for 10- 30 seconds. To be able to hold the bat correcting and strike the ball.

- To know where the game pickleball was created.
- To know how to hold the paddle correctly act like the paddle handle is another person’s hand and grip the paddle like you would another person’s hand.
- To know how to roll the pickleball around using the paddle and on top of the paddle without letting it fall off.
- To know how to strike the pickleball using power through the legs and successfully strike the pickleball over the net to a partner.
- To know how to balance the pickleball on the paddle using your dominant and non- dominant hand balancing the pickleball walking forwards and backwards.

Healthy Participation – To discuss the benefits of warming up before PE (raising body temperature and increasing blood flow to muscles) and the effects that a good warm up can have when playing pickleball.

Vocabulary – Agility, balance, control, coordination, teamwork, paddle, hold, strike, roll, power, drive, forehand, backhand, technique, serve.

Session 2 – To be able to bounce the pickleball continuously from their paddle chest high while walking using the correct technique. To be able to bounce the pickleball on the bat for 15 seconds.

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

- To know how to strike the pickleball towards the ground and catch the ball each time.
- To know how to perform ball control tasks with both dominant and non- dominant hand to increase “muscle memory”.
- To know how to strike the ball towards the ground while walking.
- To know how to hit the ball above head without having to take a step.
- To know how to keep eyes on the ball.

Healthy Participation – Highlight the benefits of taking part in pickleball on your long-term health. Discuss the benefits of being healthy and active.

Vocabulary – Agility, balance, control, coordination, teamwork, paddle, hold, strike, roll, power, drive, forehand, backhand, technique, serve.

Session 3 – **To be able to demonstrate a striking a pickleball over a net 5 out of 8 times in bound using the correct technique for the forehand drive.**

- To know how to hit a pickleball using a forehand drive using the correct technique.
- To know how to strike the ball over a net back and forth using only a forehand drive.
- To know how to follow through across the body and make sure pupils have their side to target.
- To know how to point shoulders towards the target.

Healthy Participation – To understand that exercise can help your body stay at, or reach, a healthy weight. To stay at a healthy weight, you must use up the energy you eat. Exercise helps you do that.

Vocabulary – Agility, balance, control, coordination, teamwork, paddle, hold, strike, roll, power, drive, forehand, backhand, technique, serve.

Session 4 – **To be able to demonstrate striking a pickleball over the net using the correct technique for a backhand drive.**

- To know how to successfully use a backhand drive getting the ball over the net and making sure it stays in the boundaries of the court.
- To know how to follow through across the body.
- To know how to continually hit the ball over the net several time.

Healthy Participation – To discuss the benefits of having regular drink breaks during PE can help to replace the fluids you lose when you sweat and can help to maintain normal body functions and performance levels.

Vocabulary – Agility, balance, control, coordination, teamwork, paddle, hold, strike, roll, power, drive, forehand, backhand, technique, serve.

Session 5 – **To be able to demonstrate the correct technique for a drive serve.**

- To know how to set up a drive serve using bent knee, side to target, follow through to opposite shoulder.
- To know how to serve a pickle ball accurately using the correct technique.
- To know how to complete 3-6 drive serves in a row demonstrating the right technique.
- To know how to complete a lob serve against a wall and over a net successfully.

Healthy Participation – To know and be able to explain why warming up is important. Can explain why keeping fit is good for their health.

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

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Session 6 – To be able to set up, score and play pickleball.

- To know how to play a game of pickleball and how to score points.
- To know that the ball must bounce once on each side of the net.
- To know that a game is played to eleven points and a team must win by two clear points.
- To know how to volley the ball by hitting it in the air before letting it bounce.
- To know how to use a smash shot in game situations.

Healthy Participation – Discuss the importance of cooling down that it allows for a gradual recovery, helps to regulate blood flow, preventing injuries such as muscle tears etc.

Vocabulary – Agility, balance, control, coordination, teamwork, paddle, hold, strike, roll, power, drive, forehand, backhand, technique, serve.

Future learning this content supports:

This unit will support future subjects in LKS2 when pupils go onto tennis. It will support them as they will be able to strike a ball using forehand and backhand and play against opponents using a variety of different shots. Pupils will be able to move fluently around the court and demonstrate an understanding of rule and be able to accept decisions given by umpires.

Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions, and healthy lifestyle consequences), Math's (measuring distances, collating data & comparing recordings against other bests).