

Week # Lesson # Title	Safety Requirements Equipment	Learning Goal(s) Success Criteria	Ophea Resources & Supports
<p>Week #4</p> <p>Lesson 4/4</p> <p>Title: Refining Skills, Concepts and Strategies in Net and Wall Games</p> <p>By exposing our learners to the primary rules, fundamental skills, and tactical problems associated within this game category, they become literate in a variety of games, activities and sports and develop an understanding and competency of the skills and tactics associated with playing sports.</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 to a wall while creating a rally.</p> <p>Junior Focus: Learn and practice planning and setting up for an attack while, being aware of defending your open side of the court.</p> <p>Intermediate Focus: Sending and/or receiving an object with or without an implement to generate game play while refining skills and planning tactical strategies.</p> <p>Learning Goal: We are learning how to apply skills, concepts and strategies when playing net and wall games alone and/or with others, 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 an object with my paddle into an intended direction. I can receive an object successfully and return with intention I can set a personal goal. 	<p>Ophea Resources & Supports:</p> <p>PlaySport www.playsport.net</p> <ul style="list-style-type: none"> Net/Wall Game: Squish Net/Wall Game: Jumping Sticks <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

Primary Game: Adaptation to Ophea's PlaySport Net/Wall Game: [Squish](#)

Equipment:

- Materials to create the boundaries of the court (e.g., rolled up towels, tape, sidewalk chalk)
- Objects (3) to send and receive:
 - Large size ball (easy)
 - Medium size ball (moderate)
 - Small size ball (difficult)

Set Up:

- Find a space against a wall and mark out the court extending from the wall into a square/rectangle shape.
- Divide the court into two sides using tape/chalk/towel.

How To Play Alone:

- Learner begins by bouncing the ball once on the floor/ground and then with an open palm hitting the object to the wall, and then moving quickly to the other side to receive it after one bounce.
- Once the learner receives the object, they will return it back to the wall and receive it on the other side.
- Attempt to maintain a rally where the object does not stop moving, while staying in bounds.
- Progress through the other objects.
- When using the moderate/difficult object, the learner will be striking with an open palm and allowing a bounce before sending it over the net.

How To Play with Another Learner:

- One learner starts the game by bouncing the ball on their side of the court and then hitting the object to the wall.
- The receiving learner allows the ball to bounce once on their side before sending the object back to the other side of the court.
- Learners work together to maintain a rally.
- When using the easy level object, if the object hits the ground or goes out of bounds, the rally starts again.

Extensions:

- Increase/decrease the playing area.
- Change the object.
- Use an implement.
- Use a table going horizontal/vertical.

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 to the wall.
- I can move to where the object is going.

Junior Game: Adaptation to Ophea's PlaySport Net/Wall Game: [Jumping Sticks](#)

Equipment:

- Objects (3) to send and receive:
 - Balloon, air-filled bag, larger bouncing ball (easy)
 - Medium sized bouncing ball, 8", 6" (moderate)
 - Small sized bouncing ball, 4", 2"(difficult)
- Implement to serve as a racquet (e.g., paper plate, homemade cardboard racquet, paddle, racquet)
- Line markers for playing area boundaries (e.g., tape, chalk, rolled up towels, string)

Set Up:

- Alone: Create a rectangular playing area coming from the wall. Place small piece of paper taped to the floor to represent a target (open space).
- With another learner: Create a rectangular court with a net set up in the middle. Place a small piece of paper taped to the floor on each side of the court to represent a target (open space).

How To Play Alone:

- Learner bounces the ball once on the floor before using their open palm to send the ball to the wall to create a rally.
- When comfortable, attempt to send the ball to the wall (focusing on the right force and angle) so that it returns to the ground and hits the marked target on the floor.
- The marked target on the floor represents an example of setting up for an attack into open space.

How To Play with Another Learner:

- Both learners are positioned in the middle of their side of the court.
- Learner A starts the game by bouncing the ball on their side of the court and then serving the ball into Learner' B's side of the court.
- The emphasis is for each learner to apply a plan to attack the opponent's open space, by hitting their target (e.g. bowling pin/water bottle/taped paper).
- The emphasis is also on defending your open side of the court and also your pin. 2 pts for target; and 1 pt for winning the regular rally.

Extensions:

- Increase/decrease the playing area.
- Change the object.
- Use an implement.
- Change the target.
- Add a second target.

Look Fors (Success Criteria):

- I can look at the object.
- I can be in a ready position.
- I can create and apply a plan to attack my opponent's open space.
- I can defend my open space.

Intermediate Game: Adaptation to Ophea's PlaySport Net/Wall Game: [Squish](#)

Equipment:

- Objects (3) to send and receive:
 - Large sized bouncing ball, 12" 10" (easy)
 - Medium sized bouncing ball, 8", 6" (moderate)
 - Small sized bouncing ball, 4", 2"(difficult)
- Materials to create a net (e.g., rope tied to 2 chairs, toilet paper rolls, gate)
- Materials to create the boundaries of the court (e.g., rolled up towels, tape, sidewalk chalk)
- Implement to use as a racket/paddle
- Wall (alone)
- Large square marking for wall (e.g., large paper, chalk, painter's tape)

Set Up:

- Alone: Create a rectangular boundary extending away from the wall. Mark a line on the wall at least a meter from the ground (representing the net). Mark off 3 lines or zones as you move away from the wall (short, middle, deep) with the short and deep zones smaller than the middle zone. Mark off a large square on the wall above the 'net line' (this will represent your opponent)
- With another learner: Create the court and the net. Define each side into three zones as you move away from the net (short, middle, deep) with the short and deep zones smaller than the middle zone.

How To Play Alone:

- Stand well behind the line marked on the ground.
- To serve, have the ball bounce once and then send it above the 'net line' marked on the wall.
- Allow the ball to bounce once over the line marker on the ground before returning it to the wall.
- However, this time you are sending into open space on the wall, avoiding the marked square - your 'opponent'. If you accidentally hit onto the square, your 'opponent' has 1 point. Play out one rally and tally up your score according to the zones in which you are able to have the ball bounce into, or try to track how many times in each zone the ball bounced and tally afterward.
- Reassess objectives and make adaptations as needed before playing again.

How To Play With Another Learner:

- Learners play a game of Rock/Paper/Scissors to decide who serves first.
- Learners play a competitive game while attempting to send the object into the opponent's open space. If the opponent cannot return the ball, the learner receives points according to the zone the object was sent to (short=2pts, middle=1pt, long=3pts).
- The objective is to force the opponent to move within their court in order to create open space, particularly in the zones with higher points.
- Play up to 10 points, and then reassess objectives and make adaptations as needed before playing again.

Extensions:

- Play the game against a wall.
- Use a different implement as the racquet.
- Play on a table and create the net and the zones on the table.
- Or instead of the zones, use non-slip markers in short/long areas of the court for double points.

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 with intention and follow through.
- I can move to where the object is going.
- I can plan my next shot.
- Knowing my ability, I can set a personal goal.

Accommodations and Modifications:

Accommodations:

- Change the size of the court (e.g., making it wide/short or long/deep)
- Increase/decrease the height of the net.
- Vary the type of object to send.
- Against a wall, using a short/wide court, work on turning the body to hit the ball at different angles.

Modifications:

- Learner rolls the ball to the wall and receives it.
- Place targets on the wall and have the learner touch each target with their hand and/or paddle.
- Bouncing the ball within the court and staying within the boundaries.
- When playing with another learner, when the ball comes to your side of the court, the expectation is to just pick up the ball (beginner stages of receiving).

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

1. What factors helped you decide where to send the object when playing alone and/or playing against another learner? (A 1.6)
2. Describe where you were aiming and how you were sending the object to score the most points.? (A 1.6)
3. Describe a plan you can make when you are creating a plan of attack when playing against another learner. (A1.6)
4. Describe your body positioning when defending your side of the court. (A1.6)
5. What emotions do you go through when playing alone compared to when playing against another learner? (A1.1)
6. Knowing your ability in playing net and wall games, what is a goal you can set for yourself? (A1.5)