

# Year 8 - PE: Basketball



## Key Vocabulary:

<b>Passing</b>	Moving the ball over various distances to a teammate to gain advantage up the court.
<b>Dribbling</b>	Allows you to move the ball around the court, alternating hands to get closer to the basket. Introduce cross overs and ball manipulation.
<b>Outwitting opponents</b>	To get the better of and gain the advantage over an opponent by using tactics and game strategies.
<b>Tactical defending</b>	The team tracking back shows perseverance to quickly get into a defensive zone to defend their basket when possession is lost.
<b>Shooting</b>	Shooting is used to score baskets in basketball. Students to use a range of shots including set shot, jump shot and lay-ups.
<b>Spatial awareness</b>	Spatial awareness is the knowledge of how to use the body to get into space and away from opponents, using skills to evade defenders.

## Key knowledge of Technical Skills:



Lay up



Dribbling



Passing



4Rs: Reduce

<b>Dribbling</b>	<ul style="list-style-type: none"> <li>When dribbling you should scan the court, whilst keeping the ball close to your body, use your fingers rather than hitting the ball down with your palm too hard and losing control.</li> <li>Dribble using alternate hands, from Y7 to Y8 students will develop confidence using their right and left hand.</li> <li>Dribble with the ball at waist height for greater consistency.</li> </ul>
<b>Shooting (Lay ups)</b>	<ol style="list-style-type: none"> <li>Dribble to the side of basket.</li> <li>Place the non-shooting hand on the side of the ball and shooting hand on top of the ball.</li> <li>The last step before the lay-up jump should ensure that take off foot is opposite to the shooting hand (left foot/right hand).</li> <li>Flex the knee at take-off.</li> <li>Whilst jumping, extend the shooting knee and raise the ball up.</li> <li>Raise the ball up high and aim to place on the backboard with one hand</li> </ol>
<b>Individual Defence</b>	<ul style="list-style-type: none"> <li>Stance to be slightly sideways on and basket side of attacker</li> <li>Shuffle feet and do not cross when moving back following attacker.</li> <li>Hand position correct. One hand down to intercept ball, one hand up to block shot and pass.</li> </ul>

## Year 8 Values: 'Playing your part'



### **Responsibility**

To take ownership and accountability



### **Compassion**

Showing concern and understanding for others



### **Perseverance**

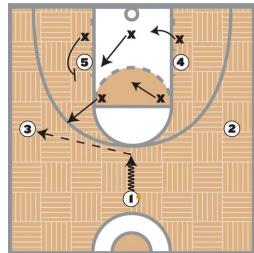
To keep trying despite difficulties or delays in achieving success.



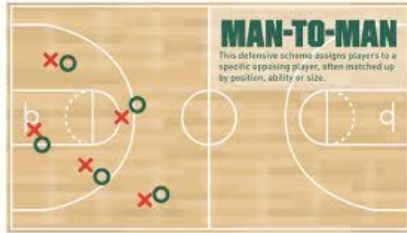
# Year 8 - PE: Basketball



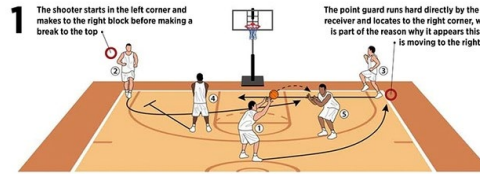
## Key knowledge of Tactics and Strategies :



**Attacking**



**Defending**



**Creating space**

<b>Attacking. Outwitting opponents</b>	Use a combination of passing and dribbling to move the ball up the court as quickly/ effectively as possible to outwit opponents. When you do not have the ball, you should be using body faints and decoys ( <b>outwitting</b> ) to then receive the ball.
<b>Apply advanced Defending.</b>	When defending and your team is out of possession, your team should move back behind the ball as quickly as possible. You should be moving back into a defensive zone ( <b>Zonal defence</b> ) to protect your basket and try to avoid the other team from scoring points.
<b>Creating space and key movement</b>	Spacing is important to give the player in possession space to attack their marker or give them space to look for a pass. You should move into a position on the court so where defenders are not between you and your teammate, aiming to keep clear of the key

## Key knowledge of Rules and Regulations:

<b>Starting a game</b>	The game starts when the referee throws a jump ball. This is when a player from either team has the chance to jump and gain possession for their team.
<b>Double dribble</b>	In basketball, an illegal dribble occurs when a player ends their dribble by catching or causing the ball to come to rest in one or both hands, then dribbles again. In this case, the ball will then be given to the other team.
<b>Travel</b>	In basketball, traveling is a violation that occurs when a player takes too many steps without dribbling the ball. Max 2 steps, if you stop you should pass or shoot.
<b>Foul</b>	A foul is a breach of the rules more serious than a violation. Most fouls occur because of illegal personal contact with an opponent and/or unsportsmanlike behaviour.
<b>Restart of play</b>	An attacking team has 24 seconds from gaining possession of the ball to shoot at the basket. After a team scores a basket, the ball is returned to the opposition to start again.
<b>Scoring</b>	2 points inside the D, 3 points from outside the D. If a team is awarded a technical foul, then they will receive between one and three free shots. Each shot scored will be awarded with one point.

### Learning Checklist:

- I can pass the ball to a teammate using a chest, bounce and overhead pass.
- I can control the ball using my dominant and non-dominant hand.
- I can dribble the ball with control.
- I can shoot at the basket using the **BEEF** principle, Balance, Eyes, Elbow, Follow through and apply the **lay-up** shot within a game situation.

### Learning Checklist:

- I can move into space in a game to support my team when in possession of the ball.
- I can apply the key character values of **responsibility, compassion** and **perseverance** in Basketball.
- I can play a small sided basketball match, following the basic rules.

# Year 8 - PE: Dance



## Key Vocabulary:

<b>Professional Work</b>	Original choreography by an individual or company that is recognised nationally or internationally
<b>Choreographic Intention</b>	The aim of the dance
<b>Motif Development</b>	Ways in which a movement phrase can be varied
<b>Characterisation</b>	The creation of a fictional character
<b>Facial Expressions</b>	The use of the face to show mood, character or meaning
<b>Movement memory</b>	The automatic recall of learned movement material
<b>Prop</b>	A portable object that is used in dance
<b>Performance Skills</b>	Acquisition and development of physical and expressive skills

## Heart Character Values:

### Year 8 Values: 'Playing your part'



#### **Responsibility**

To take ownership and accountability



#### **Compassion**

Showing concern and understanding for others



#### **Perseverance**

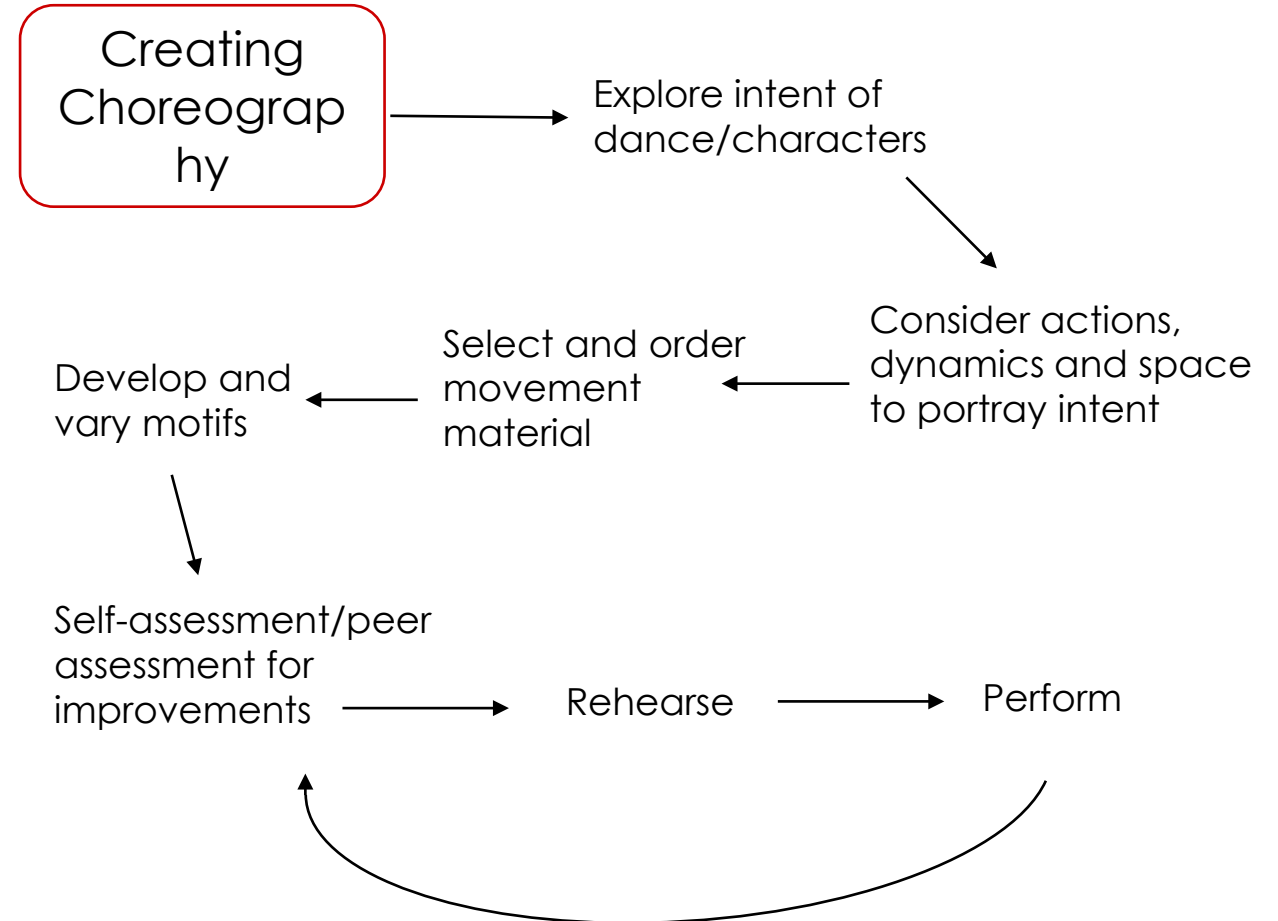
To keep trying despite difficulties or delays in achieving success.



## Key knowledge of Technical Skills:

### ZooNation – Mad Hatters Tea Party

The study of the professional work focusing on mental health



# Year 8 - PE: Dance



## Key knowledge of Choreographic Skills:



4Rs: Revisit

### Choreographic Devices

#### Unison

Performing same movement at the same time

#### Canon

Performing same movement at different time

#### Repetition

Movement done more than once

#### Retrograde

Movement or phrase performed in reverse

### Motif Development

#### Dynamics

How the dancer moves

#### Space

The where of movement including levels, direction and pathways

#### Fragmentation

The order of the actions

## Key knowledge of Health and Safety:

<b>Correct kit</b>	Students must wear Highfields PE kit on. Hair should be tied back, and jewellery must be taken off.
<b>Hydration</b>	Hydration is essential to maintain normal blood circulation because this aids the delivery of nutrients and oxygen to the working muscles in the body.
<b>Nutrition</b>	Eating a balanced diet of complex carbohydrates, proteins, fats and vitamins and minerals
<b>Warm Up</b>	Reduces the chances of an injury by increasing the temperature of your body and prepping your muscles and joints for exercise.
<b>Cool Down</b>	To allow your heart rate and breathing to return to normal, prevent injury and to ease any muscle soreness.

## Learning Checklist:

- I can create choreography to portray an intent
- I can link actions, dynamics and spatial content to portray a character
- I can safely and creatively use a prop
- I can use facial expressions within my performance

## Learning Checklist:

- I can develop a motif
- I can remember the choreography
- I can provide useful feedback to my peers
- I can apply the key character values of responsibility, compassion and perseverance in dance

# Year 8 - PE: Football



## Key Vocabulary:

<b>Passing</b>	Moving the ball to a teammate in space.
<b>Dribbling</b>	Moving the ball around the pitch using your feet.
<b>Turning</b>	Changing direction in order to create space. This can be with or without the ball.
<b>Shielding</b>	Putting your body in between the defender and the ball in order to protect the ball
<b>Shooting</b>	Using the foot or head to strike the ball towards the goal in order to score
<b>Semi-opposed</b>	The defender puts pressure on the player in a drill however, does not actively try to win the ball.
<b>Movement</b>	Moving into a better position on the pitch when not in possession of the ball
<b>Creating an Angle</b>	Moving to a position so that you, the defender and your teammate are not in a straight line to create space for a pass.

## Heart Character Values:

### Year 8 Values: 'Playing your part'



#### **Responsibility**

To take ownership and accountability



#### **Compassion**

Showing concern and understanding for others



#### **Perseverance**

To keep trying despite difficulties or delays in achieving success.



## Key knowledge of Technical Skills:

<b>Dribbling (semi-opposed)</b>	<ul style="list-style-type: none"> <li>Keep the ball close to your feet for control and have your head up to scan for space/passes</li> <li>Use the inside/outside of your foot to dribble for control</li> <li>Use the laces of your foot to dribble for speed</li> </ul>
<b>Shooting</b>	<ul style="list-style-type: none"> <li>Place non-kicking foot at the side of the ball</li> <li>Use the side of the foot for placement and accuracy. Use the laces for power.</li> </ul>
<b>Passing (semi-opposed)</b>	<ul style="list-style-type: none"> <li>Use the side of the foot for control, use the instep to generate height on the pass</li> <li>Strike through the ball with a follow through in the direction of the pass to generate power</li> </ul>
<b>Control (semi-opposed)</b>	<ul style="list-style-type: none"> <li>Move your body in line with the ball, getting in front of the defender</li> <li>Dependant on the height, use the foot, thigh or chest to cushion the ball.</li> </ul>
<b>Turning with the ball</b>	<ul style="list-style-type: none"> <li>Look over shoulder to be aware of space behind</li> <li>Turn away from the defender</li> <li>Use different turns. E.g. Drag back, chop, Cruyff.</li> </ul>
<b>Shielding</b>	<ul style="list-style-type: none"> <li>Position body between defender and the ball</li> <li>Have knees bent and feet shoulder width apart to create a strong base</li> <li>Arms and shoulders can be used to keep the defender away from the ball</li> </ul>
<b>Defending (Jockeying)</b>	<ul style="list-style-type: none"> <li>Close down the space to the attacker quickly</li> <li>Have a low/side on position leaving a gap between you and the defender</li> <li>Move backwards as player comes forward without crossing legs</li> </ul>



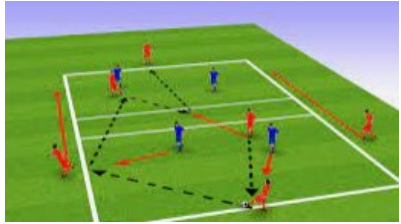
4Rs: Reduce 4Rs: Revisit



# Year 8 - PE: Football



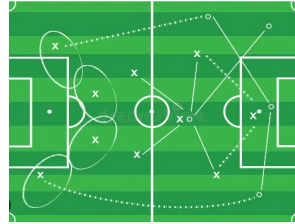
## Key knowledge of Tactics and Strategies :



**Movement to create an angle for pass**



**Individual defending (Closing down space)**



**Movement and Spacing out**

<b>Movement to create angle for a pass</b>	When your team is in possession of the ball you should be looking to move into space to support your teammate. You should aim to move away from the person marking you into space (making an angle for the pass)
<b>Individual defending (closing down)</b>	When your team doesn't have the ball, you should quickly close down the space of the person with the ball. If you are not near the person with the ball, you should be 'goal side' of the player you are marking (closer to your goal than they are)
<b>Movement and spacing out</b>	Players should be using more of the space on the pitch. Players should be using width to make the pitch bigger and look to move the ball to teammates in space.

## Key knowledge of Rules and Regulations:

<b>Free-kick</b>	<ul style="list-style-type: none"> <li>A non-contested pass or shot that is given when an offence is committed. Opposing players need to stand 10 yards from the ball</li> </ul>
<b>Throw-in</b>	<ul style="list-style-type: none"> <li>This is used to restart play when the ball leaves the pitch at the side. The play must have both feet on the floor and the ball should be thrown with two hands from behind the head.</li> </ul>
<b>Goal kick</b>	<ul style="list-style-type: none"> <li>Is awarded when a ball passes wholly over the goal line, to either side of the goal, having last touched an attacking team player. The ball is kicked from a stationary position from the 6-yard box.</li> </ul>
<b>Corner</b>	<ul style="list-style-type: none"> <li>Is awarded when a ball passes wholly over the goal line, to either side of the goal, having last touched a defending team player. The ball is kicked in from the corner spot by the attacking team.</li> </ul>
<b>Offside</b>	<ul style="list-style-type: none"> <li>When there are not two defending players (1 is usually the goalkeeper) between the goal and the attacker when the ball is passed through.</li> </ul>
<b>Indirect free-kick</b>	<ul style="list-style-type: none"> <li>When a free-kick must be passed to another player and a shot cannot be taken. This can be awarded for a goalkeeper picking up a back pass.</li> </ul>

### Learning Checklist:

- I can pass and control the ball accurately in increasingly opposed situations
- I move into space to create an angle for the pass
- I dribble with control in increasingly opposed situations
- I can turn with the ball in order to create space

### Learning Checklist:

- I can use individual defensive strategies such as closing down and 'jockeying'
- I can shield the ball in order to maintain possession
- I can shoot the ball effectively in 1v1 situations by creating an angle

# Year 8 - PE: Netball



## Key Vocabulary:

<b>Pivot</b>	Swivel or turn on your landing foot to change direction.
<b>Receiving</b>	Catching a ball that has been thrown to you.
<b>Throw/pass</b>	Propel a ball through the air by a forward motion of the hand and arm for a team mate to catch.
<b>Jump stop</b>	Jumping and landing on both feet at the same time.
<b>Footwork</b>	On receiving the ball, a player lands on one foot and can then pivot using the other foot.
<b>Shooting</b>	From the semi-circle, GS or GA propels the ball up towards the net aiming for a goal.
<b>Defend</b>	Stop the attacking team by marking your player or making it difficult to execute a pass.
<b>Movement</b>	Getting into positions on the court to support your teammates in possession.
<b>Opposition</b>	The team you are playing against.

## Heart Character Values:

### Year 8 Values: 'Playing your part'



#### **Responsibility**

To take ownership and accountability



#### **Compassion**

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#### **Perseverance**

To keep trying despite difficulties or delays in achieving success.



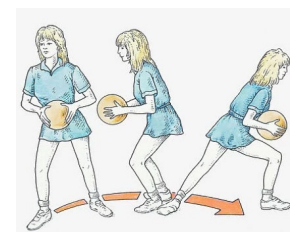
## Key knowledge of Technical Skills:



**Ball Familiarisation**



**Footwork**



**Pivoting**



**Shooting**



**Defend**



**Throwing**



**Receiving**



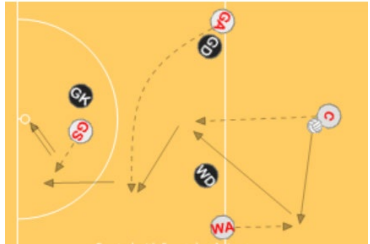
**Opposition**

<b>Pivoting</b>	<ul style="list-style-type: none"> <li>• Jump and land on the ball of one foot.</li> <li>• Pivot by rotating yourself on the ball of your landing foot.</li> <li>• Use your non landing foot to move you round.</li> </ul>
<b>Receiving</b>	<ul style="list-style-type: none"> <li>• Keep your head up and focus on the ball.</li> <li>• Extend your arms towards the ball with hands spread.</li> <li>• Watch the ball all the way into your hands.</li> </ul>
<b>Passing/ Throwing</b>	<ul style="list-style-type: none"> <li>• Hold the ball in one or two hands with fingers spread.</li> <li>• Propel or push the ball towards your receiver/player.</li> </ul>
<b>Defending</b>	<ul style="list-style-type: none"> <li>• Face your player no closer than a meter.</li> <li>• Try and block their pass with your arms.</li> </ul>
<b>Shooting</b>	<ul style="list-style-type: none"> <li>• Feet are shoulder width apart, facing the net.</li> <li>• Place your shooting hand underneath the ball and your non-shooting hand to the side.</li> <li>• Bend your knees and arms. Extend both towards the goal.</li> </ul>

# Year 8 - PE:Netball



## Key knowledge of Tactics and Strategies :



<b>Basics of shooting</b>	Only GA and GS can shoot and that must be from inside the semi- circle. The ball is held in both hands. The arc or trajectory of the ball needs to be high in order to be able to drop into the ring. The power comes from your legs and arms.
<b>Basics of defending</b>	This can be done on the court but particularly in the semi -circle when your player is shooting. Face your player. Make yourself tall and use your arms to try and prevent the shot or pass.
<b>Movement and getting free</b>	To get free from your player you will need to change direction with speed and outwit your opponent with your body movements. Move into space on the court ready to receive a pass.

## Key knowledge of Rules and Regulations:

<b>Starting a game</b>	<ul style="list-style-type: none"> <li>A game is started with a center pass. All players, other than C must be outside the center third.</li> </ul>
<b>Footwork</b>	<ul style="list-style-type: none"> <li>When receiving the ball, jump and land one foot followed by the other. If you lift and put down the landing foot that is footwork. A free pass is awarded.</li> </ul>
<b>Out of play</b>	<ul style="list-style-type: none"> <li>When the ball goes off the court it is called 'out of play'.</li> </ul>
<b>Obstruction</b>	<ul style="list-style-type: none"> <li>When defending a player with the ball you must stand a meter away. Any closer and that is obstruction. A penalty pass is awarded.</li> </ul>
<b>Contact</b>	<ul style="list-style-type: none"> <li>You are not allowed to touch another player in netball. If you do it is called 'contact'. A penalty pass is awarded.</li> </ul>
<b>Offside</b>	<ul style="list-style-type: none"> <li>Players in netball are only allowed in certain areas of the court. If a player goes into an area they are not allowed, this is called 'offside'. A free pass is awarded.</li> </ul>
<b>Held ball</b>	<ul style="list-style-type: none"> <li>When you have held onto the ball for more than 3 seconds</li> </ul>

### Learning Checklist:

- I can pass the ball accurately to a teammate ( shoulder and chest )
- I can receive a ball whilst moving
- I can shoot from a close range partly defended
- I can land on one foot followed by the other and stop

### Learning Checklist:

- I can dodge to lose my player and move into space
- I can apply the key character values of respect, self-management and teamwork in netball
- I can play a small sided netball match, following the basic rules



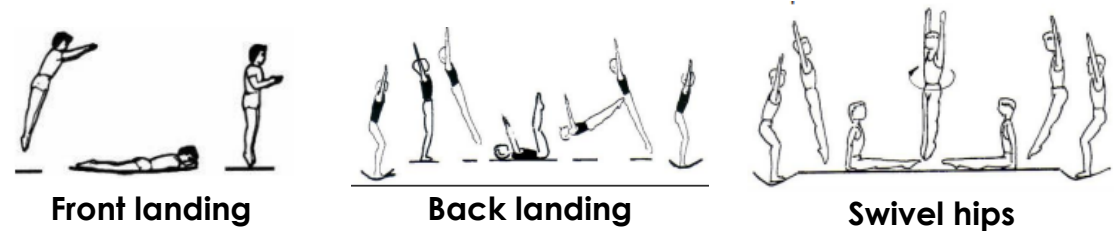
# Year 8 - PE: Trampolining



## Key Vocabulary:

<b>Mount/dismount</b>	Getting on and off the trampoline safely.
<b>Straight jumps</b>	Bouncing straight up in the air. You must bend your knees and straighten them whilst in the air. Toes must be pointed; legs must be together.
<b>Stops/landing</b>	Bend knees and get into a squat position, with your arms out in front for support to stop to stop your bounce dead on the trampoline.
<b>Spotting</b>	Positioning yourself around the trampoline to assist the trampolinist who may fall.
<b>Trampoline bed</b>	The fabric part of the trampoline that is stretched by springs. The thickness and width of the material affect the rebound power of the trampoline.
<b>Routine</b>	Putting together skills taught in a sequence.

## Key knowledge of Technical Skills:



<b>Seat drop into half twist exit</b>	<ul style="list-style-type: none"> <li>Perform seat drop (year 7) then on exit keep the body upright and straight during the twist.</li> <li>When you are twisting, ensure you have a focus point.</li> <li>Keep arms vertical and straight during flight. Turn the shoulders and look where you are going.</li> </ul>
<b>Swivel hips</b>	<ul style="list-style-type: none"> <li>Complete a seat drop (year 7) and when your lower part of the body is in contact with the bed, use hands to push off the bed.</li> <li>When rising from the bed of the trampoline, lift arms up and turn your head under your armpit.</li> <li>By turning your head and arms, your hips and body will follow into the twist.</li> </ul>
<b>Front landing</b>	<ul style="list-style-type: none"> <li>Land with your belly button on the cross and legs slightly bent.</li> <li>Your hands will have fingertips meeting in the middle making a diamond shape in front of face.</li> <li>Your eyes should be focussed on the front of the trampoline</li> <li>Push off the trampoline and land back on feet</li> </ul>
<b>Back landing</b>	<ul style="list-style-type: none"> <li>Land on your back with arms facing the ceiling.</li> <li>Your legs should be parallel with your arms, with toes pointed.</li> <li>Tuck your head forwards and do not tilt it backwards with your eyes focussed on your toes.</li> <li>Land back on feet</li> </ul>

## Year 8 Values: 'Playing your part'



### **Responsibility**

To take ownership and accountability



### **Compassion**

Showing concern and understanding for others



### **Perseverance**

To keep trying despite difficulties or delays in achieving success.



# Year 8 - PE: Trampolining



## Further Support and Extended Learning:

### Swivel hips further help



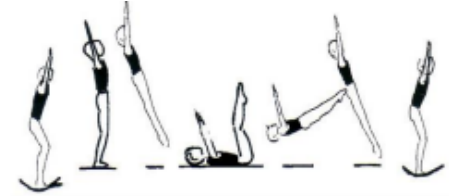
[Click here:](#)

### Front landing further help



[Click here:](#)

### Back landing further help



[Click here:](#)

### Back landing to front landing extended learning



[Click here:](#)

## Key knowledge of Health and Safety and Regulations:

<b>Correct Equipment</b>	Students must wear Highfields PE kit with their shoes removed. Hair should be tied back, and jewellery must be taken off.
<b>Spotting</b>	Peers are placed around the trampoline to assist the trampolinist who may fall. It is important you are attentive when spotting.
<b>Mounting/ Dismounting</b>	Getting on and off the trampoline safely.
<b>Warm up</b>	Reduces the chances of an injury by increasing the temperature of your body and preparing your muscles and joints for exercise.
<b>Cool down</b>	To allow your heart rate and breathing to return to normal, prevent injury and to ease any muscle soreness.
<b>Hydration</b>	Hydration is essential to maintain normal blood circulation because this aids the delivery of nutrients and oxygen to the working muscles in the body.

## Learning Checklist:

- I can mount and dismount the trampoline safely.
- I can spot my peers with safety and consideration in mind.
- I can perform a seat drop into half twist with the correct technique.
- I can perform swivel hips with the correct technique.

## Learning Checklist:

- I can perform some or all stages of front landing with the correct technique
- I can perform some or all stages of back landing with the correct technique.
- I can put the skills that I have been taught into a routine and perform the routine to my teacher and potentially a small group.

# Year 8 - PE: Table Tennis



## Key Vocabulary:

<b>Rally</b>	A rally in table tennis is where both players keep the ball in play.
<b>Serve</b>	The beginning of a point where one player strikes the ball to hit both sides of the table after tossing it.
<b>Depth</b>	The length of the shot that is hit. 'Short' lands close to the net, 'deep' lands towards end of the table.
<b>Angle</b>	Changing the direction of the shot so not to hit it back straight.
<b>Topspin</b>	A shot played with either the forehand or backhand to create a higher bounce and pace.
<b>Drop-shot</b>	A low, softly played shot to bring the opponent to the front of the table.
<b>Backspin</b>	A shot played with either the forehand or backhand to spin the ball backwards to slow it down.
<b>Alternate shots (Doubles)</b>	During rallies in doubles games, partners must play shots alternately (take it in turns), refraining from hitting consecutive shots.

## Key knowledge of Technical Skills:



**Forehand Serve**



**Forehand Topspin**



**Backhand Chop**



**Drop shot**

<b>Forehand shot (Revisit)</b>	<ul style="list-style-type: none"> <li>Start with the bat out to the side in a sideways stance to the table</li> <li>Move the bat forward in a low to high motion</li> <li>Bat face should be tilting slightly down towards the table.</li> </ul>
<b>Forehand serve</b>	<ul style="list-style-type: none"> <li>Ball to be tossed up in the air and hit onto both sides of the table</li> <li>Aim to hit forward to get the ball traveling faster and closer to the net</li> <li>Change start position to hit the ball at an angle across the table</li> </ul>
<b>Backhand shot (Revisit)</b>	<ul style="list-style-type: none"> <li>Stand facing 'square' to the table.</li> <li>Hit ball in front of the body using the backhand side of the bat.</li> <li>Bat movement from stomach upwards and forwards.</li> </ul>
<b>Drop-shot</b>	<ul style="list-style-type: none"> <li>Ball to land close to the net</li> <li>Hit the ball softly with an upwards trajectory to land just over the net.</li> <li>Used when an opponent is back from the table with the aim of the ball bouncing twice.</li> </ul>
<b>Topspin shot</b>	<ul style="list-style-type: none"> <li>Used to generate power with the ball landing 'deep' on the table</li> <li>Have the bat facing towards the table at a 45-degree angle</li> <li>Hit up and over the ball, starting low and finishing high with the bat</li> </ul>
<b>Backspin shot (chop)</b>	<ul style="list-style-type: none"> <li>Used to slow the ball down</li> <li>Have the bat facing towards the ceiling at 45-degrees ('open')</li> <li>'Chop' down onto the ball from high to low.</li> </ul>

## Heart Character Values:

### Year 8 Values: 'Playing your part'



#### **Responsibility**

To take ownership and accountability



#### **Compassion**

Showing concern and understanding for others



#### **Perseverance**

To keep trying despite difficulties or delays in achieving success.



# Year 8 - PE: Table Tennis



## Key knowledge of Tactics and Strategies :



**Moving an opponent –  
Depth of Shot**



**Moving an opponent –  
Angle of Shot**



**Varying the Serve**

<b>Moving an opponent – Depth of Shot</b>	You should try to move the opponent forwards and backwards from the table. You should aim to change the depth (length) of the shots in a rally to manipulate an opponent to create space for shots.
<b>Moving an opponent – Angle of shot</b>	You should try to move the opponent side to side across the table. You should change the angle of the shot by hitting it towards the sides of the table where there is space.
<b>Varying the serve</b>	Aim to change the pace, direction, angle and length of the serve in order to gain an advantage over the opponent.

## Learning Checklist:

- I can perform forehand shots in rallies
- I can change the depth and height of my shots in rallies
- I can change the angle of my shots in rallies
- I can serve correctly and can vary my serve

## Key knowledge of Rules and Regulations:

<b>Starting a point</b>	<ul style="list-style-type: none"> <li>• The server has to hold the ball with an open palm, toss it up and strike it in a manner that the ball bounces first on the server's side of the table before bouncing over the net to the other side.</li> </ul>
<b>'Let'</b>	<ul style="list-style-type: none"> <li>• If on a service the ball hits the top of the net and goes over to the opposition side a 'let' is called. This means the serve must be re-taken and no point is awarded.</li> </ul>
<b>No Contact with the table</b>	<ul style="list-style-type: none"> <li>• Avoid contact with the table at all times. Contact with the table results in a point being awarded to the opponent</li> </ul>
<b>Umpiring rules</b>	<ul style="list-style-type: none"> <li>• Each player serves 2 points in a row.</li> <li>• Communicating scores correctly after each point.</li> <li>• First to 11 points wins a game.</li> <li>• If the score is tied at 10-10, the game ends when one player leads by 2 points (e.g. 15-13).</li> </ul>
<b>Doubles play</b>	<ul style="list-style-type: none"> <li>• Players take alternate shots</li> <li>• Serving from the right for even score and left for odd score – must be diagonal.</li> <li>• Each server serves 5 times before swapping.</li> </ul>

## Learning Checklist:

- I can perform backhand shots by adjusting my body position.
- I might be able to try to apply topspin or backspin to my shots.
- I can cooperate with a partner when playing alternate shots in doubles.
- I can umpire a game applying the rules.