

# Net & Wall Activities

Skills



Knowledge



Character



**YEAR  
7  
Tennis**

**Footwork and  
body positions**

**How to win a  
point**

**Shots**

Backhand  
Forehand  
Volley  
Serve

**YEAR  
8**

**Badminton**

**Footwork and  
body positions**

**How to win a  
point**

**Shots**

Backhand  
Forehand  
Volley  
Serve

Net Kill  
Net shot

**Shots**

Forehand and  
backhand low  
serves  
Overhead and  
underarm Clear

**How to score in  
Badminton**

Singles and doubles  
rules

Court Markings

**Co-operative and  
competitive Rallies**

**YEAR  
9  
Badminton**

**Scoring and  
Rules**

**Attacking and  
Defensive Shots**

**Shots**

Overhead shot  
Drop shot  
Forehand high  
serve  
Smash  
Drives

**YEAR  
10&11**

**Badminton  
&  
Volleyball**

**Singles and  
Doubles Tactics**

**Tactics and outwitting  
opponents**

**Volleyball  
Shots**

Serves  
Volley  
Spike  
Dig

**NEXT  
STEPS**

- For those who take GCSE PE, you will revisit all shots, showing them in isolation and progression. You will be assessed in full context doubles matches.