



Learning Plan 1		Subject/Pwnc: Pickle Ball	Year/Blwyddyn: 7
<p><u>The Four Purposes in Health and Wellbeing:</u></p> <p>Ambitious, capable learners, who: set themselves high standards; seek and enjoy challenge; ask questions; enjoy solving problems; use number effectively in different contexts; interpret data and apply mathematical concepts.</p> <p>Enterprising, creative contributors, who: connect and apply their knowledge and skills to generate ideas; think creatively to solve problems; identify and grasp opportunities; take measured risks; lead and play different roles in teams effectively; give of their energy and skills so that other people will benefit.</p> <p>Ethical, informed citizens, who: find, evaluate and use evidence in forming views; consider the impact of their actions; know about their culture, community, society and the world.</p> <p>Healthy, confident individuals, who: build their mental and emotional well-being; are confident, resilient and empathetic; apply knowledge about the impact of diet and exercise on physical and mental health in their daily lives; take part in physical activity; have the confidence to participate in performance; form positive relationships based upon trust and mutual respect; face and overcome challenge; develop skills and knowledge to manage everyday life.</p> <p>Knowledge focus/what matters:</p> <ul style="list-style-type: none"> Enhancing a range of oracy, analysis and evaluation skills across health and well-being, in particular pickle ball. 10 keywords: Paddle, Ball, Serve, Rally, Court, Net, Forehand, Backhand, Volley, Footwork. 			
Learning objective/key question	What will I know and be able to do? I can...	How will I develop my skills? (Success Criteria)	Homework/Gwaith cartref to support progress
<p>Week 1 23/3/26 Introduction to Pickle ball (forehand grip, backhand grip, footwork and court awareness).</p>	<ul style="list-style-type: none"> Discuss the key equipment in pickle ball and how to set up the courts accurately and safely. Demonstrate accurate grip and basic stances for the forearm and backhand shots. Introduce and discuss the basic principles and rules of the game. Evaluate partners shots. 	<ul style="list-style-type: none"> I can set up a pickle ball court accurately and safely, ensuring the nets are set up correctly. I can hit the ball against the wall and/or to a partner using the correct technique. I understand what the basic principles of pickle ball are and the basic rules. I can rally with a partner attempting to not let the ball land on the floor. I can use analysis and evaluation of my partners performance. I can construct suggestions for improvement for my partner. 	<p>Wk 1</p> <p>Homework: Watch a short pickle ball game and write down spot 3 things you notice about how players hit the ball.</p> <p>Set:23/3/26</p> <p>Due:2/3/26</p>

<p>Week 2 2/3/26 The Serve and Warm-up</p>	<ul style="list-style-type: none"> • Discuss and explain the importance of a warm-up. • Deliver a warm-up to a small group. • Understand and demonstrate the underarm forehand technique for a serve. • Understand and demonstrate the underarm backhand technique for a serve. • Understand the rules for serving. • Analyse their peers' serve and technique. 	<ul style="list-style-type: none"> • I can use oracy skills to describe why a warm-up is important. • I can lead a small group through a warm-up (e.g.high knees, heel kicks) • I can explain what techniques are for both underarm serves. • I can transfer this knowledge and demonstrate the above exercise using proper form and technique. • With this knowledge, I can coach my partner giving them feedback on WWW and EBI. 	<p>Wk 2</p>	<p>Homework: Practice throwing and catching a small ball to improve hand-eye coordination.</p> <p>Set:2/3/26</p> <p>Due:9/3/26</p>
<p>Week 3 9/3/26 Groundstrokes and Movement</p>	<ul style="list-style-type: none"> • Understand and demonstrate what a forehand and backhand groundstrokes are. • Demonstrate the racket being held correctly, as well as using the correct footwork moving to the ball. • Demonstrate simple rallies. • Investigate by experimenting with different shots, how to get your opponent to the front of the court OR to the back. • Rate their ability to make their opponent move on court (score out of 10). 	<ul style="list-style-type: none"> • I can explain what forehand and backhand groundstrokes are. • I can demonstrate these shots ensuring I am holding the racket correctly. • I can demonstrate quick movement towards the ball. • I can complete an experiment using different shots to see how I can make my opponent move lots from front to back, side to side whilst playing. This will help me learn how to beat my opponent. • I can confidentially explain WWW and EBI in my own performance (e.g. I need to be lighter on my feet/always come back to the T position on court as it's central). 	<p>Wk 3</p>	<p>Homework: Create a spider diagram of all the different types of shots there are in pickle ball.</p> <p>Set:9/3/26</p> <p>Due:16/3/26</p>
<p>Week 4 16/3/26 Volleys and control.</p>	<ul style="list-style-type: none"> • Develop the understanding of the technique to perform a volley near the net. • Demonstrate controlled rally games, to include volleys. • Understand and explain when volleys are useful in a game. • Analyse peer/self-performance. 	<ul style="list-style-type: none"> • I can confidently explain the technique to perform a volley in a rally. • I can demonstrate a volley in a controlled manner. • I can discuss when is suitable to use a volley in a game. • I can film others playing and help them analyse WWW and EBI. 	<p>Wk 4</p>	<p>Homework: Research the "kitchen" (non-volley zone) in pickle ball and explain why it is important.</p> <p>Set:16/3/26</p> <p>Due:23/3/26</p>

<p>Week 5 23/3/26 Singles Play, Scoring and Assessment Week</p>	<ul style="list-style-type: none"> • Learn and apply tactics for effective play (singles). • Show understanding of the scoring system. • Coach/score for another game. • Discuss the success criteria for a singles game. • Assessment playing a singles game. • Final review of the unit. 	<ul style="list-style-type: none"> • I can describe apply tactics for effective singles game play. • I can explain how to score within a game. • I can describe what the success criteria is for the final assessment next week. • I can complete the assessment playing within a singles pickle ball game. • I can orally review the unit's work with opinions on my favourite parts of the game. 	<p>Wk 6</p>	<p>Homework: Try to organise a pickle ball game (or similar racket game) in a local leisure centre.</p> <p>Set: 26/3/26</p> <p>Due:13/4/26</p>
---	--	---	-------------	--