

INTRO TO NET & WALL GAMES

KEY RULES

Game Basics: This unit introduces children to games played over a net or wall, where players send an object to the other side and try to keep it in play. Children learn basic striking, catching, and control skills through Tennis, Volleyball, and Dodgeball-inspired activities. The focus is on teamwork, coordination, and learning through fun challenges.

Tennis: Children learn how to hold a racket correctly and use gentle control to keep the ball balanced and hit it safely. Games such as “Egg and Spoon Tennis” and “Target Tennis” help pupils develop hand-eye coordination, timing, and focus. The aim is to rally with a partner using simple forehand and backhand actions while keeping the ball inside the play area.

Volleyball: Children are introduced to the ready position, volley, and dig. Using balloons or soft balls, they practise keeping the ball in the air with open hands or forearms. The focus is on using legs for power, eyes on the ball, and working with a partner to build a short rally. Safety is key — players must keep space, use soft touches, and avoid striking too hard.

Dodgeball: Simple dodgeball games teach children to throw, catch, and move safely. The aim is to dodge the ball while staying in play and to throw below shoulder height. Players learn how to grip the ball, step toward their target, and throw with accuracy. Catching drills build confidence and reactions. Children practise honesty and teamwork by following the rules fairly.

Fair Play and Safety

Children must always listen to instructions, move carefully, and include everyone. The aim is to have fun, stay active, and play safely by following the rules and respecting others.

NATIONAL GOVERNING BODY (NGB)

Lawn Tennis Association (LTA): lta.org.uk

Tennis Scotland: tennisscotland.org

Tennis Wales: tenniswales.org.uk

Tennis Ireland: tennisireland.ie

Volleyball England: volleyballengland.org

Scottish Volleyball: scottishvolleyball.org

Volleyball Wales: volleyballwales.org

Volleyball Ireland: volleyballireland.com

British Dodgeball: britishdodgeball.org

Scottish Dodgeball: scottishdodgeball.com

Welsh Dodgeball: welshdodgeball.org

Northern Ireland Dodgeball Association: nidodgeball.org