

### **(3) STRUCTURE OF THE LINK UNIT**

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The Link Unit has been structured to progress and develop skills, strategies and games through a series of progressive phases:-

#### **Transition and Familiarisation – Net / Wall – striking with a racquet**

Skill development with a racquet and throwing a ball. Body position - preparation, action and follow through. Making a “net” and working co-operatively across it. Finding spaces to attack the opposition (*i.e. forward, back, side, other side and beginning to return with different speeds.*) Play a game with rules (2 v 2).

#### **Progression 1 – Net / Wall – “hitting” with hands and a large ball**

Skill development and body position necessary to “keep the ball up” using hands only. Working over a high net to play co-operatively with a partner. Playing a game of “Newcombe” with beanbags or ball to make and use space in an attacking way. Keep possession by passing to another team member before making the attacking shot (*teams of 2, 3, or 4*).

#### **Progression 2 – Striking / Fielding – using a range of bats / racquets**

Variety of throwing and catching skills – move feet quickly and get in line with the ball. Bowling underarm and striking the ball in different directions. Play a game that involves aiming the strike in order to score runs and fielders covering each other (2 v 4).

#### **Progression 3 – Striking / Fielding – using a range of bats and balls**

Variety of fielding skills with the ball arriving on different levels and from different directions. Chasing a ball and fielding it effectively. Understanding covering and teamwork. Game involving scoring zones, running to score and fielding as a team. Type of batting and bowling decided by the players (4 v 2)

### **Progression 4 – Invasion – sending, receiving and travelling with a ball using hands**

Controlling feet and developing balance. Signalling for the ball. Skill development for accuracy of passing and receiving. Fluency of passing. Possession play and progressions down the court / pitch. Making and using space and understanding numerical advantage. Game (5 v 3).

### **Progression 5 – Invasion – using feet or hockey sticks**

Developing appropriate skills and putting them under pressure (*two-touch etc*). Developing pass and move. Play a game with numerical advantage (5 v 3). Play the game with **one** goal each and even teams. Devising strategies for attack / defence in this much more difficult situation (4 v 4).

### **Progression 6 – Consolidation and exploration**

Three different courts / pitches are set up. Pupils are divided into groups / teams and given resource cards which challenge them to set up their own game, with an umpire / referee and explore playing it in different ways e.g. kicking, throwing, striking and possibly change the size, shape, scoring areas etc.

### **Working through the unit**

**N.B. It is very important to retain PACE and MOTIVATION, so, depending upon the length of lessons and pupil response, some of these progressive phases may be delivered within one lesson, others may take 2 lessons. Teachers use their professional judgement to maintain challenge without moving on too quickly.**

It is essential to work through to progression 6 and complete it, because this is the climax of the unit. It is the time when pupils begin to show their knowledge and independence by producing their own warm-up routines. They show how they can organise and construct their own games within a given structure, and how deeply they can understand and recognise the common principles of skill development and attacking and defending strategies. They will show their understanding in the way they transfer these principles to their own game and by recognising the importance of “outside influences” on making a game easier to play - numbers of team members (*even or uneven*), size and shape of the

playing area (*long, narrow, short, fat etc*), and placement and number of “goals” to shoot at.

By the end of this unit teachers will have a good understanding of pupils’ knowledge, skill and understanding and consequently will be able to move them into games with a more specific game focus.

**N.B. The recommendation is that the Link Unit takes approximately 8 – 12 hours to deliver.**