



<p>tactics and strategies to overcome opponents.</p>	<p>tactics and strategies to overcome opponents, including doubles matches.</p>	<p><u>Key Concepts</u></p> <p>Embed physical development and skills learnt, Develop technique and improve performance. Understand what makes a performance effective, Self / peer assessment, Engaging in competitive sports and activities. Pupils expected to know, apply and understand the skills and process for each sporting activity. Understand and apply the short/ long term health benefits of physical activity to lead a health active lifestyle. Compete in activities that build character and help to embed values such as fairness and respect.</p>			<p>Develop technique and improve performance. Understand what makes a performance effective, Self / peer assessment, Engaging in competitive sports and activities. Pupils expected to know, apply and understand the skills and process for each sporting activity. Understand and apply the short/ long term health benefits of physical activity to lead a health active lifestyle. Compete in activities that build character and help to embed values such as fairness and respect.</p>			
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