



Physical Education: Net and Wall

Year 3

Key Knowledge

- Know how to hold a short **tennis racket** correctly.
- **Track** a ball and move in line to receive it.
- Use the **rules** and keep games going without disputes.

Key Fitness Vocabulary

Speed	rate of movement.
Pace	rate of movement / the step or stride itself.
Control	maintain possession of the ball.
Steady	having a regular movement.
Muscle	tissue in the body of animals and humans that moves parts of the body.
Strength	condition of being strong.

Key Vocabulary for Net and Wall

Hitting a ball

I know that correct body position will improve my hitting accuracy.



Grip the racket like this



Forehand

Backhand

Grip

Formed by placing your hand on the racket so that the V formed by your thumb and forefinger.

Body

On toes to move towards the path of the ball.

Ready Position

Waiting for your opponent's shots. From here you can move about the court quickly to get to the ball.

A stroke played with the palm of the hand facing in the direction of the stroke.

A stroke played with the back of the hand facing in the direction of the stroke, with the arm across the body.

I know that there are different shots played in tennis.