

Year 3  
Autumn



## PE - Net and Wall

In the unit, children will explore and develop a variety of different throwing actions and consolidate their catching skills. Children will also begin to develop their striking and movement skills using a racquet, ensuring they are holding the equipment correctly. They acquire and develop fundamental skills to set the foundations for successfully performing specific net and wall games in future years.

### Key Knowledge and skills

- To know what net and wall games are and give sports specific examples. For example: badminton.
- To know the grip to hold a tennis racquet is called the 'chopper grip'.
- To know the difference between 'forehand' and 'backhand' in tennis.
- To know what a volleyball court looks like and the basic rules of volleyball.
- To perform basic racket skills with confidence.
- To perform continuous rallies.
- To control the direction that the ball is hit in.
- To play a game of volleyball, in line with the rules, with a balloon.

### Key Vocabulary

**Backhand** - A hit either with two hands for a two-handed backhand or with one hand (still your dominant hand), for a one-handed backhand.

**Control** - How well you can move the ball where you want on command.

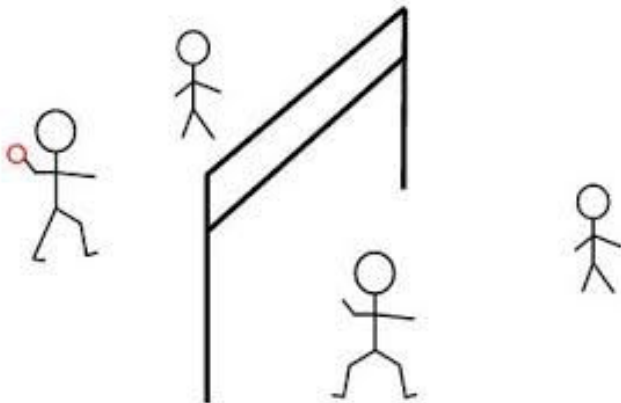
**Forehand** - A hit with your dominant hand and arm (right if you're right-handed and left if you're left-handed)

**Net and Wall Games** - Activities in which players send an object towards a court or target area that an opponent is defending. The aim is to cause the object to land in the target area while making it difficult for the opponent to return the object.

**Opponent** - An opponent is your competition.

**Racquet** - A bat with a round or oval frame strung with catgut, nylon, etc., used especially in tennis, badminton, and squash.

**Rally** - A sequence of back and forth shots between players.



### Character skills developed in this unit:

**Determination** - To keep trying at a skill I find difficult.