

Mastering Net and Wall Games: Physical Education Flashcards

Learning objective: To understand the tactical principles, terminology, and key movements required for successful performance in net and wall games.

Review these flashcards to master the tactical concepts of net and wall games. Pay close attention to how Max the monkey uses geometry to predict ball flight and how Kit the fox uses quick thinking to outmanoeuvre opponents.

Net Game

A sport where players hit an object (like a shuttlecock or ball) over a net into the opponent's court, such as tennis or badminton.

Wall Game

A sport where players take turns hitting a ball against a wall, aiming to make it difficult for the opponent to return it, such as squash or racketball.

Trajectory

The curved path that an object follows as it moves through the air after being struck.

Rally

A continuous exchange of hits between players in a net or wall game until a point is scored.

Tactics

The strategies or plans used to gain an advantage over an opponent, such as hitting the ball into an empty space.

Ready Stance

A balanced, low-to-the-ground position with knees slightly bent, allowing a player to move quickly in any direction.

Volley

Hitting the ball or object before it touches the ground, which reduces the time the opponent has to react.

Court Space

The total area defined by boundaries where the game takes place; controlling this is key to winning points.

Communication

Essential in doubles games to decide who covers which area and to avoid colliding with a partner.

Agility

The ability to move quickly and change direction with ease, which is vital for reaching the ball in time.