

Mastering Net and Wall Games: Class 5 PE Skills

Learning objective: To understand the key tactics, rules, and terminology used in net and wall games to improve physical performance.

Use these flashcards to test your knowledge of net and wall games. Read the front, try to remember the answer, then flip to check if you were right!

What is a 'Net and Wall' game?

A game where players send an object (like a ball or shuttlecock) over a net or against a wall to make it difficult for the opponent to return it.

What is a 'Serve'?

The shot used to start a rally and put the ball or shuttlecock into play.

What does 'Rally' mean?

A continuous exchange of shots between players until the point is won or lost.

Why is 'Footwork' important in these games?

It allows a player to move quickly and efficiently to reach the ball or shuttlecock in time to make a controlled shot.

What is the purpose of 'Tactics' in a game?

A planned strategy to outwit your opponent, such as hitting the ball into an empty space or changing the speed of your shots.

Max the monkey wants to know: What is a 'Volley'?

Hitting the ball or shuttlecock before it touches the ground.

What is the main goal when playing against a wall?

To hit the object against the wall in a way that makes it impossible for your partner to return it after one bounce.

Why is 'Communication' vital in doubles games?

It helps partners decide who will take which shot and prevents them from getting in each other's way.

What does 'Accuracy' refer to?

The ability to aim the ball or shuttlecock consistently towards a specific target or area on the court.

What is an 'Unforced Error'?

When a player loses a point due to their own mistake, such as hitting the ball into the net or out of the court boundaries.

Kit the fox asks: Why should you keep your eyes on the ball?

To track its flight path, speed, and bounce, which helps you react faster and choose the right shot.

What is the 'Ready Position'?

A balanced stance with knees slightly bent and racket or hands ready, allowing you to move in any direction quickly.