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| JB’s Holiday ActivitiesYr 5 and 6 Net/wall Name …………………………………….Class……………………………………… | How much can you remember about Net/Wall?Q1) What defines a volley?……………………………………………………………………………………………………Q2) Name 3 shots that you have used in your topic in P.E this term?……………………………………………………………………………………………………Q3) What is your preferred technique and why?……………………………………………………………………………………………………Q4) If playing a competitive game, whereabouts on the opponent’s half of the court would try to hit the ball?…………………………………………………………………………………………………Q5) Why is your footwork important in Net/Wall games?……………………………………………………………………………………………………Q6) Your body should always be facing what when you are moving around the court?…………………………………………………………………………………………………. |
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| Can you try the following?1. Can you perform 5 successful shots with the weaker side of your body?
2. Can you successfully perform 3 different shots with good technique in a sport of your choice?
3. Can you maintain a 10 shot rally with a partner?
4. Can you maintain a 5 shot rally with a partner over an obstacle?
5. Can you keep a ball up using just your hands to hit it for 1 minute?

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