|  |  |
| --- | --- |
| JB’s Holiday ActivitiesYr 3 and 4 Net/Wall Name …………………………………….Class……………………………………… | How much can you remember about Net/Wall games?Q1) How do you start a Net/Wall game such as Tennis and Volleyball?………………………………………………………………………………………………………….Q2) What types of shot have we looked at this term?………………………………………………………………………………………………………….Q3) Where would you aim to hit the ball when playing against an opponent? ………………………………………………………………………………………………………….Q4) What grip would you use when playing a forehand shot?………………………………………………………………………………………………………….Q5) what position should you be in when you are waiting to play your next shot?………………………………………………………………………………………………………….Q6) Can you name four different net and wall games…………………………………………………………………………………………………. |
|  |  |
| Can you try the following?1. Can you balance a ball on the centre of a racket?
2. Can you successfully maintain a 5 shot rally with a partner?
3. Can you and a partner keep a ball up for 5 consecutive hits, only using your hands?
4. Can you hit a ball over obstacles of different heights towards a target?
5. Can keep a ball up using just your hands for 10 consecutive hits?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_My …………………………………………… helped me try these challenges in the holiday. Adult Signature …………………………………………………………………….. | Can you complete the word search? |
|  |  |
|  |  |