



PE Knowledge Organiser

Year 2: Spring Term

Net & Wall

Key Knowledge and Skills:

Holding the racket:

Hold the racket with a relaxed wrist



Hold the racket
with two hands



Hold the racket
with one hand



Watch the ball
carefully

Use the ready position to defend a space on court:

Move into spaces away from others.



The ready
position

Return the ball:

Using hands:

Return to the ready position each time.
Keep a strong wrist and fingers.

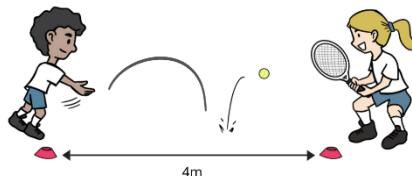
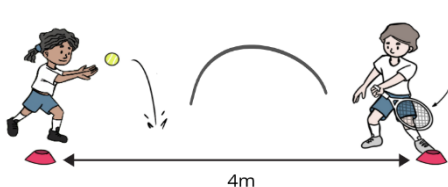


Using a racket:

Hit the ball in the centre of the racket.

Begin in the ready position.

Turn sideways on before returning the ball to your partner.



Key Vocabulary:

Vocabulary:	Definition:
Court	The area in which you play tennis.
Defend	To stop your opponent from scoring a point.
Ready position	Standing with feet shoulder width apart and knees bent.
Return the ball	Pass or hit the ball back to your partner or opponent.
Striking	To hit or make contact with a ball.
Underarm Throw	A type of throw that uses a swinging action. It is used for throwing over short distances.

To move an opponent to win a point:

Choose where to send the ball:

Send the ball to a space away from your opponent.

