

Year 3 Magpies

PE

Summer 2

Tennis and Cricket

Skills you will need in Tennis



Shots

Point the racket face where you want the ball to go and turn your body to help you to hit accurately.

Rallying

Hit towards your partner to help them to return the ball easier and keep the rally going.

Footwork

Move to the middle of the court to cover the most space.

Tactics

Know that using simple tactics will help to achieve an outcome. E.g. if we spread out, we can cover more space.

Rules

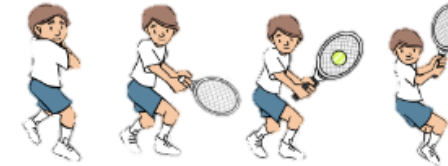
Know the rules of the game and begin to apply them.

	Key Vocabulary	Definition
Cricket	accuracy	How close the object is to the given target.
	bowl	When the bowler sends the ball to a batter.
	no ball	A bowled ball deemed to be outside of the rules
	runs	What points are called in cricket
	strike	To hit successfully.
	tactics	A plan or strategy
	track	To follow with eyes.
	umpire	A person who referees the game
	wicket	The three upright sticks and base
Tennis	ace	When you serve the ball and your partner does not return it back, the server wins the point.
	backhand	The technique used to hit the ball on the opposite side as your racket hand.
	deuce	When the score is 40/40.
	forehand	The technique used to hit the ball on the same side as your racket hand.
	love	When scoring we do not say 0, we say love: e.g. 15 - love
	ready position	The position we get our bodies in to so we are prepared to return the ball.
	serve	The first hit of the ball to start the game.
	technique	The method or style when practising a skill in sport.

Forehand Left side to the net. The racket is pulled away from the body.



Backhand Right side to the net. The racket is pulled across the body. As the swing begins, the player's weight is transferred in the direction of the target.



Skills you need in Cricket



Striking

Striking to space away from fielders will help you to score.

Fielding

Communicate with your teammates before throwing them a ball.

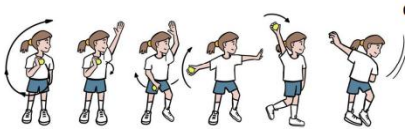
Throwing

Overarm throwing is used for long distances and underarm throwing for shorter distances.

Catching

Move your feet to the ball.

How to perform a cricket bowl



1. Hold the ball in one hand
2. Step forward with the opposite foot
3. Swing your arm over (not under)
4. Release the ball towards the wicket
5. Follow through with your arm held straight

Wicket



The 3 sticks are called stumps.

The batter protects the wicket.

The bowler tries to hit it.

Long barrier



The long barrier is an effective fielding technique used in striking and fielding games. It uses the knee to stop the ball from moving any further.