

Tennis



Striking & hitting a ball

- Use a racquet to hit a ball with accuracy and control.
- Accurately serve underarm.
- Build a rally with a partner.
- Use at least two different shots in a game situation.
- Use hand-eye coordination to strike a moving and a stationary ball.

Compete

- Perform and apply skills and techniques with control and accuracy.
- Take part in a range of competitive games and activities.

Evaluate

- ✓ Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.

Our key learning & skills

Rules

- ✓ No jewellery can be worn
- ✓ Wear PE kit
- ✓ Hair must be tied back
- ✓ Vary the tactics used in a game
- ✓ Adapt rules to alter games

Tennis Key Vocabulary

What happens during a Tennis match?



Match

A match is divided into sets.

A set is won when a player reaches 6 games.

A match is won when a player has won 2 sets - apart from in Grand Slam tournaments, when male players must win 3 sets.

Professional Tennis

Roger Federer

Federer is the most successful men's player of all time holding many records, having won 20 Grand Slam titles (he reached 10 finals in a row), 6 ATP Finals, 103 career titles and has spent a record 310 weeks (237 consecutive) as World Number 1!

Serena Williams

Williams is the most successful women's player of all time and has won the most Grand Slam titles with 39: Singles 23, Doubles 14, Mixed 2. She is also the most decorated player (along with her sister Venus) in Olympic history with 4 Gold Medals

Backhand: a stroke in which the ball is struck on the opposite side of the body to the racquet hand

Drop Shot: a gentle shot that just lands just over the net

Forehand: a shot hit from the racket-arm side of the body

Grip: how to hold the racket in tennis that is hit in a high arc, usually over the opponent's head

Net: the woven barrier dividing a court into halves, over which the ball must be hit

Racket: a stringed 'bat' that players hold and use to hit the ball

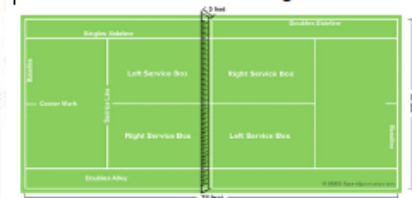
Rally: a long series of shots

Return: to hit a shot back to the opponent

Umpire: the official who is in overall charge of a match

Volley: a shot on which the ball is hit before it bounces

Serve: the shot that begins each point, in which the server hits the ball after tossing it into the air. The serve must go diagonally across the court and bounce in the serving box.



Major Championships: Grand Slams

The majors are played annually in

Mens + Womens (singles and doubles), and Mixed Doubles.

Australian Open

French Open

Wimbledon

US Open