

# Tennis



## Striking & hitting a ball

- Demonstrate successful hitting and striking skills.
- Develop a range of skills in striking (and fielding where appropriate).
- Practise the correct batting technique and use it in a game.
- Strike the ball for distance.

## Compete

- Develop the quality of the actions in their performances.
- Perform learnt skills and techniques with control and confidence.
- Compete against self and others in a controlled manner.

## Evaluate

- ✓ Watch, describe and evaluate the effectiveness of a performance.
- ✓ Describe how their performance has improved over time.

Our key learning & skills

## Rules

- ✓ No jewellery can be worn
- ✓ Wear PE kit
- ✓ Hair must be tied back
- ✓ Apply and follow rules fairly.

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

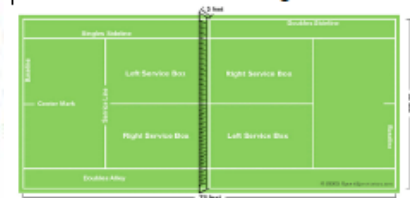
**Rally:** a long series of shots

**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**