

# PE Knowledge Organiser

## Tennis

### Key Skills

#### Serve

**Preparation** – The ball must be hit by the server before the ball hits the ground.

The Ball must be served from behind the baseline.

**Ball throw** – Start with the racket and ball together; split your body in two.

Throw the ball up in front of your body and bring the racket behind your body.

**Strike and hit** -The racket should meet the ball at the highest point.

**Grip and Ready position** – Firm grip, knees bent, eyes on the ball.

**Forehand** – Take racket back early, make smooth connection between backswing and forward swing, step into the shot.

**Rally** – keep the ball moving, switching between strokes.

### Physical Skills

Coordination

Agility

Balance

Strength

Teamwork

Motor Skills

### Fitness Elements

Warming up

Cooling down

Changes in our body- feeling hot, out of breath, muscles feel tired, thirsty

Working our muscles- Strength, endurance

Working our hearts- cardio, stamina

Cognitive- Remembering prior learning

### Vocabulary

Attack

Rally

Serve

Return

Hit

Ground Strokes

Baseline

Disguise

Smash

First Serve

Second serve

Love

Deuce

Set

Point

Match Point

Volley

### Safety

Safe in a space

Look where you are going when travelling

Equipment appropriate for activity

Area safe for activity

Bring water

During the unit if children are finding the task too difficult / too simple use the **STEP** framework by changing the:

**SPACE** – Making the pitch/court bigger to make it easier or smaller to make it harder.

**TASK** – e.g. if struggling to pass over a long distance – make gaps shorter

**EQUIPMENT** – Choosing a larger or smaller ball to make it easier or harder.

**PEOPLE** – alter groups / teams to make it more competitive or have fewer players / more players to add more competition.



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**Teamwork** – Discuss what makes a good team player, make sure that we are positive and encourage all our team mates in every situation. Think about how it links in to our school values (STARFISH) – sportsmanship. Talk about school games Values - Treating everyone equally, supporting each other and working together to achieve at your very best level. Celebrate each other's successes and be a positive team player.

#### Key Questions

What are the different types of shots on Tennis and table tennis?

What is the scoring system for tennis / table tennis?

How is tennis different to table tennis?

What are the similarities between tennis and table tennis?

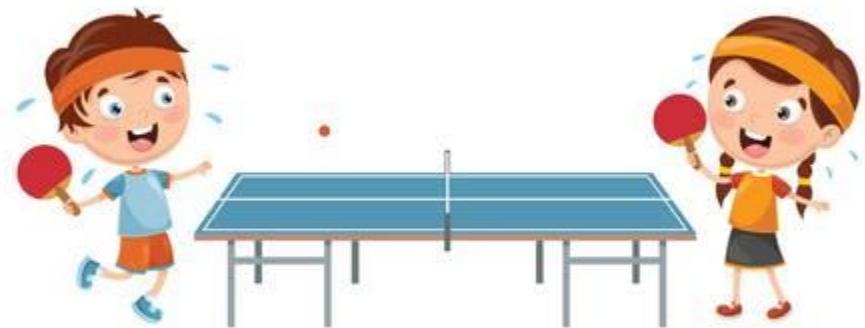
What are the basic rules?



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<b>Performance</b>	Can copy an underarm service action
	Can hit a ball underarm without a net
	Can hit a ball underarm over a net
	Makes good contact with the ball and is consistent
<b>Analysing performance</b>	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
<b>Select and Apply</b>	Can hit a ball to start a rally
	Can serve underarm in a short rally
	Able to hit serves underarm and overarm
	Can begin to place a serve into an intended target
<b>Health related fitness</b>	Can state a basic explanation of what exercise is
	Describes how you feel during exercise
	Knows why exercise is good for us
	Can begin to warm up independently



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## Tennis Skill Progression KS2

Year 3	Year 4	Year 5	Year 6	End of KS expectations
<p>Tap the ball off racquet (tapping it to the ground, tapping it up off the racket, tapping it up with one bounce etc)</p> <p>Tap the ball back and forth to partner</p> <p>Stand in a ready position holding racquet correctly</p> <p>Change from a ready position before tapping the ball to a partner</p> <p>Begin to know what it means by a forehand and backhand position</p> <p>Begin to attempt to serve the tennis ball straight from hands, sometimes using one bounce if needed</p>	<p>Tap the ball back and forth to a partner over a small space</p> <p>Begin to tap a ball over a net allowing for a bounce, hit technique</p> <p>Move from a ready position into a forehand position/backhand position quickly</p> <p>Bring racquet to meet the ball for a forehand and backhand hit</p> <p>Know to use two hands for an effective backhand</p> <p>Move racquet in a low to high swing for an effective tap</p> <p>Serve the ball straight from hands to racquet making sure it lands 'in' on the other side</p>	<p>Tap the ball using either a fore hand or back hand motion</p> <p>Move towards the ball from 'ready' position choosing either forehand or backhand depending on where the ball is</p> <p>Set racquet back in its ready position quickly upon recovery</p> <p>Demonstrate the correct swing technique when hitting the ball over a net sometimes showing control over the hit</p> <p>Serve the ball correctly beginning to purposely aim for space to score</p>	<p>Turn and run to the ball getting into a forehand or backhand position en route</p> <p>Use 'move-hit-recover' approach within a game showing facing forward on recovery</p> <p>Show a range of grips when demonstrating a backhand (continental, chopper, hammer grip).</p> <p>Use the correct swing technique and control with smooth swings keeping the path of the racquet the same</p> <p>Serve the ball accurately making team mates have to move to send it back</p>	<p>Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending</p>

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## FAMOUS TENNIS PLAYERS



**MARTINA HINGIS**



**ANDY MURRAY**



**ROGER FEDERER**



**SERENA WILLIAMS**



**NOVAK DJOKOVIC**



**ANGELIQUE KERBER**