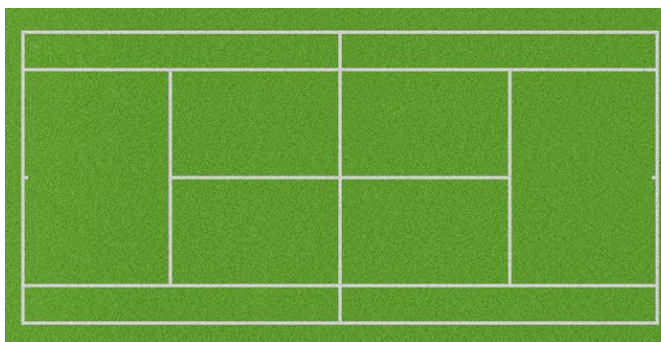


Key skills / vocabulary:

- **Underarm throwing** - throwing arm starts behind body and swings forwards from low to high, let go of the ball when your hand faces where you want the ball to go to throw the ball accurately
- **Racket grip** - hold racket near the bottom of the handle, firm grip, wrap fingers around handle.
- **Sideways on swing** - swing racket from back to front, when we swing racket it goes from racket from knee height up to chest height
- **Rally** - when both partners play the ball continuously between each other

Tennis

Tennis courtKey questions:

What is the role of an umpire?

What skills/techniques have you been using to score points against your opponent?

How did you try to improve your performance when playing different players?

This term in tennis we will be exploring the skills involved with the sport, through mini games progressing onto game situations, focusing on certain values. The main values we will be focusing on (even though they are all important!) will be teamwork, respect and self-belief.

The rules of the game:

- Play rules where if the ball is hit out of the playing area the point is awarded to the other player.
- If the ball bounces more than once on your side, the opponent gets the point (you can adapt this to two bounces if necessary).
- The player that gets to 5 points first wins.

The equipment we will be using:

- Tennis balls
- Tennis rackets
 - Cones
- Tennis nets

The School Games Values