

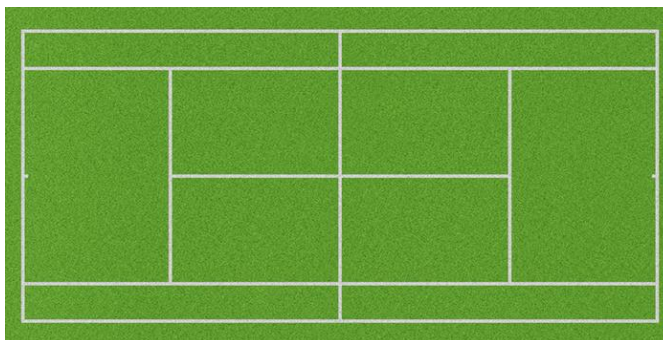


### Key skills / vocabulary:

- **Racket grip** – The player needs to hold racket near the bottom of the handle with a firm grip, wrapping their fingers around handle.
- **Sideways on swing** – Players swing the racket from back to front. When they swing the racket, it goes from knee height up to chest height.
- **Rally** – This is when both partners play the ball continuously between each other.
- **Forehand:** A stroke where the player hits the ball with their palm facing forwards.
- **Backhand:** A stroke where the player hits the ball with a swing that comes across the body.
- **Ready position:** This is the position a player is in that shows they are ready. They will have their feet shoulder width apart, with their knees bent, ready to move.

# Tennis

### Tennis court



### Key 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?
- How does playing tennis improve your health both mentally and physically?

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
- Self-belief

### The rules of the game:

- 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.
- 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

