



Tennis

The six School Games values are: **Determination**, **Passion**, **Respect**, **Honesty**, **Self-Belief** and **Teamwork**, which were designed to reflect the 'spirit' of the School Games. We encourage all children to adopt and demonstrate the 'Spirit of the Games' in all PE lessons and sporting events we attend.



About this Unit

Tennis is a net and wall game. It is played over a net with a racket and ball and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.

Scoring in tennis is very strange!

- The first point won is '15,' the second point won is '30,' the third point won is '40,' and then 'game.' E.g. if the server has won three points and the non-server has won one point, the score is 40-15.
- If both players have won the same amount of points, the score is called '15-all,' '30-all,' however, if the score is 40-all it is referred to as 'deuce.'
- To win the game when the score is at deuce, one player must get two points in a row to win.
- The player who wins the point after deuce then has 'advantage.' If they win the next point, they win the game. However, if they lose the next point, the score goes back to deuce.
- If a player has no points it is called 'love'.

It is thought that the scoring system began in the 12th century in France when playing an early version of tennis called Jeu de Paume (palm game).

In this game, a clock face was used as a scoreboard. Each point scored moved a quarter of the way around the clock: 15, 30 and then 45. 45 then became 40 so that deuce could be set at 50. When the minute hand was at the top of the clock, a game was won.

Net and Wall Games Key Principles

attacking	defending
score points	limit points
create space	deny space
placement of an object	consistently return an object

Can you think of any other net and wall games that share these principles?

Ladder Knowledge	Shots:	Serving:	Rallying:	Footwork:
	Use a variety of shots to move your opponent around court.	Begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point.	Use different shots and consider placement depending on if the rally is co-operative or competitive.	Using the appropriate footwork will help you to react to a ball quickly and give you time to prepare to play a shot.

This unit will also help you to develop other important skills.

- Social** support and encourage others, co-operation, collaboration, respect
- Emotional** perseverance, honesty
- Thinking** comprehension, observe and provide feedback, select and apply, use tactics, reflection, identifying areas of strength and areas for development

<h3>Rules</h3> <p>Win a point if:</p> <ul style="list-style-type: none"> Opponent hits the ball in the net Opponent hits the ball out of the court area Opponent misses the ball or it bounces twice Opponent does a double fault (meaning if they serve the ball and it hits the net, doesn't land on their opponent's side, they can have another go. If they miss again it is a double fault) 	<h3>Serving rules:</h3> <ul style="list-style-type: none"> Ball must bounce over the net and before the service line. If playing on a court with line markings, the ball must also travel diagonally on court into the opposite service box. If the ball bounces out or does not go over the net, you have a second serve. If the ball hits the net and bounces in, it is called a 'let' and they have their first serve again. If a pupil fails to hit their serve 'in' after second serve, the point is awarded to their opponent. In a game, you serve for one whole game then switch.
<h3>Tactics</h3> <ul style="list-style-type: none"> Tactics are important because they help you to outwit an opponent. There are different tactics to use if you are defending or attacking. You might use different tactics depending on who you are playing against or the situation. 	

Key Vocabulary

abide: act in accordance with the rules

appropriate: suitable approach

doubles: two people playing together

limit: to reduce

official: using the correct scoring system

placement: intentionally hitting the ball to a specific place on court

prepare: to get ready

pressure: to add challenge

recover: move back to a ready position after playing the ball

serve: used to start a game

service: the act of serving or the name of the line the ball must bounce before

stance: the body position used

volley: to play the ball before it bounces



