



Preparation

The ball must be hit by the server before it touches the ground. The ball must be hit from a specific place - behind the baseline.



Ball Throw

Start with the racket and ball together; split your body in two. Throw the ball up front of your body and bring the racket behind your body.



Overview and aims of this unit:

This term, children will be focussing on developing their forehand and backhand stroke and return of the ball. Children will be scoring their own matches and will learn a variety of new skills. Tennis is a great way to develop the following school games values: respect, determination and self-belief. Children will also have the opportunity to develop their team work skills in group games.



Strike/Hit

The racket should meet the ball at its highest point.



Making contact and forehand

Take racket back early. Make smooth connection between backswing and forward swing. Step into the shot. Keep a firm grip.



Grip and ready position

Put your index finger on the backhand rubber. Keep your thumb tucked in on the forehand side. Keep the other three fingers loosely wrapped around the handle. Keep the 'V' or crease of your hand in line with the edge of the bat.



Key vocabulary:

Grand Slam – any one of the four most prestigious tennis tournaments including the Australian Open, the French Open, Wimbledon and the US Open.

Match point – when one tennis player only needs one more point to win the entire match.

Volley – a shot where the ball is hit by the player's racquet before the ball hits the ground.

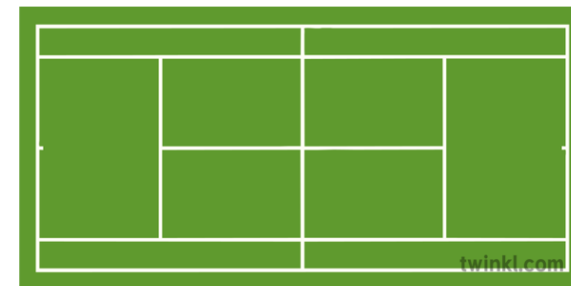
Serve – a shot to start the point. Usually serves are overhead in tennis although they can be done underarm.

Return – a shot made by the person who received the serve.

Rally – a sequence of back and forth shots between tennis players within a point.

TENNIS

Layout of pitch



Serena Williams has won 23 Grand Slam titles. She is ranked as one of the World's greatest.

Key Questions:

- What are the different types of shot in tennis?
- What is the scoring system for tennis?
- How is it different to table tennis and badminton?
- What are the basic rules of tennis?

Mental Health and Wellbeing:

Engaging in physical activity can help us take care of our mental wellbeing. Here are some questions for you to think about?

How does tennis make you feel physically?

How does tennis make you feel physically?

What impact does playing tennis have on your mental health?

Does playing in a team support your well-being? Why?