



Tennis

Match

A match is divided into sets.

A set is won when a player reaches 6 games.

A match is won when a player has won 2 sets - apart from in Grand Slam tournaments, when male players must win 3 sets.



Court

The court is:

- 78ft (23.77m) x 27ft (8.23m) for a singles match.
- 78ft (23.77m) x 36ft (10.97m) for a doubles match.

The court is divided by a net which is 3ft (90cm) high.

On each side of the net are two services boxes and a set of tram lines.

School Games Values



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.

Skill	Description
stroke technique	A method used to hit the ball including forehand, backhand, volley, lob and overhead.
movement on court	The ability to move to around the court so that the player is in the best position to hit the ball.
decision making	The ability to choose the correct shot to use.
ready position	A skill and a starting position to get the body ready to return the serve and hit a stroke.
match play	A technique used to understand the basics of the game, the rules, scoring and the court.

Scoring

The score starts at 0-0 which is known as 'love all'.

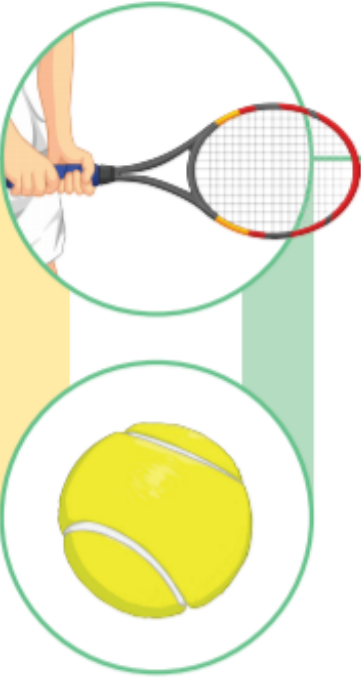
The score then increases as follows:

- first point: 15
- second point: 30
- third point: 40
- fourth point: game

40-40 is called deuce.

The umpire will always call the server's score first.



Equipment	Tactical Skills
Each player has a tennis racket which is used to hit the ball.	changing speed and direction
The tennis ball must be a certain size (2.5-2.7in) and mass (56-59g).	awareness of others
	timing
	decision making
	Physical Fitness
	coordination
	agility
	reaction time
	power
	stamina
	balance
	flexibility

