

PE

Tennis

Class Tamar

Summer 2 2023

We learnt how to make a sandwich with a tennis ball while holding the racket with the correct grip and work effectively with a partner in a throw and catch tennis game.



I had to make sure my tennis racket was facing in the direction I wanted the ball to go!

It was tricky to remember not to hit the ball too hard!

Over the next couple of sessions learnt how to use a forehand and backhand shot. We also tried some tactics to move our opponent around the court.



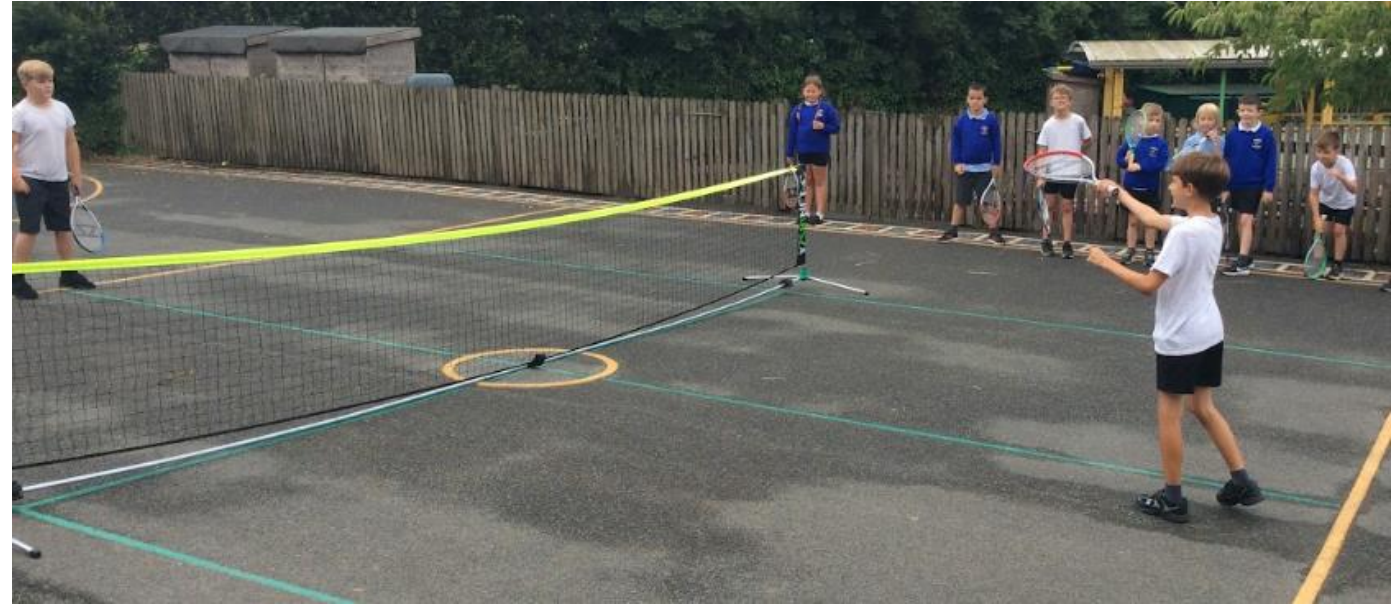
I got a bit better at aiming the ball in the right direction and keeping it on the court!



I thought that the forehand was easier to control the ball than the backhand shot.



To finish our Tennis unit we used what we had learnt to take part in a 'crazy' tennis match. I can use tactics to move my opponent around the court.



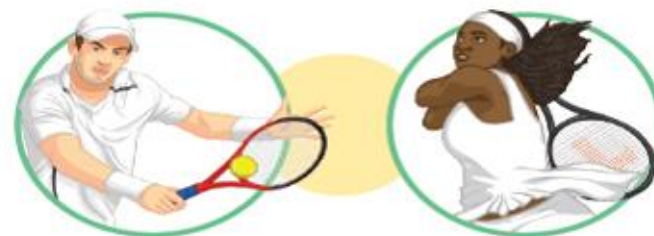
I enjoyed trying to get the other player to move around the court!

It was tricky to remember not to hit the ball if it was already going to be out of the court lines!

What I have learnt before:

I know how to throw and catch a ball with increasing accuracy.

I know that in tennis, the aim is to hit the ball over the net without the opponent getting the ball back to you.

**Forever Facts**

A match is divided into sets. A set is one when a player reaches 6 games. A match is won when a player reaches 2 sets.

A forehand shot is hit from the racket-arm side of the body. A backhand shot is a stroke in which the ball is struck on the opposite side of the body to the racquet hand.

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.

Skills

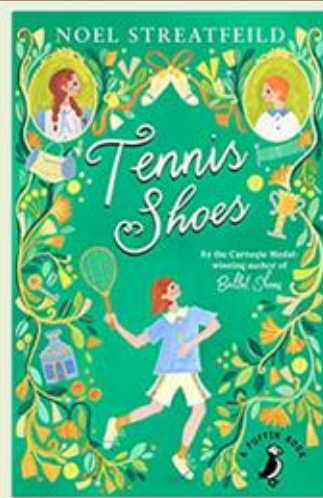
Move a ball with control and accuracy

Follow rules in games

Understand the concept of both team and opponent

Develop and use simple tactics in team games

Personal development: Sports enhances social and cultural life by bringing together individuals and communities. Children will have the opportunity to evaluate their progress in order to develop their skills.

Exciting Books**Our Endpoint**

To apply the skills learnt over the unit to play a match of Tennis.

Subject Specific Vocabulary**Serve**

The shot that begins each point, in which the server hits the ball after tossing it into the air. The serve must go diagonally across the court and bounce in the serving box.

Backhand

A stroke in which the ball is struck on the opposite side of the body to the racquet hand

Drop shot

A gentle shot that just lands just over the net

Forehand

A shot hit from the racket-arm side of the body

Racket

A stringed 'bat' that players hold and use to hit the ball

Rally

A long series of shots

Return

To hit a shot back to the opponent

Umpire

The official who is in overall charge of a match

Volley

A shot on which the ball is hit before it bounces