

Physical Education Staff Knowledge Organiser: KS2 Tennis

Key Rules		Key Teaching Points	Teacher Glossary																		
<p>Ways to win a point in Tennis against your opponent: Opponent hits the ball into the net. Opponent hits the ball out- so the ball on its first bounce lands outside of the court. The ball bounces more than once on opponent's side of the court. The opponent hits the ball more than once. The opponent when serving hits a double fault. (On the first shot of the rally- the serve, the server has two chances to hit the ball into court- a 1st serve and a 2nd serve. If they miss both it is a double fault).</p> <p>Scoring in Primary School Tennis: Every time a player wins a point they receive 1 point. The server changes every 2 points. The first to 10 points. A tie break is played if not 2 points clear eg 9-9. Or a timed tennis match (ie.10 minute match)</p> <p>Short LTA Video on basic rules and scoring for primary school children and staff: https://www.youtube.com/watch?v=ho7q0ERwSYU</p>	<p>Preparation for the Shot</p> <p>Contact (Hitting the Ball)</p> <p>Recover</p>	<p>1. Ready • Shoes wider than shoulders • Weight forward in an athletic ready position • Hands and racket central • Eyes focused</p> <p>2. Read • Track the incoming ball • There are 5 ball characteristics to consider: height, depth, direction, speed and spin</p> <p>3. React • Adapt to the incoming ball with the body and racket in preparation to hit</p> <p>4. Set up • On time (before the incoming ball bounces) and on balance, behind the ball • Stop before hitting (where possible) • Shoes wider than shoulders</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr style="background-color: #0070c0; color: white;"> <th style="width: 33%;">STROKE</th> <th style="width: 33%;">CONTACT</th> <th style="width: 33%;">RACKET PATH</th> </tr> </thead> <tbody> <tr> <td>Serve</td> <td>Above the head at a 12 o'clock position</td> <td>Overarm throwing action</td> </tr> <tr> <td>Forehand</td> <td>To the side and in front of the shoes</td> <td>Low to high</td> </tr> <tr> <td>Backhand</td> <td>To the side and in front of the shoes</td> <td>Low to high</td> </tr> <tr> <td>Volleys</td> <td>In front and to the side of the shoes</td> <td>Tap / touch (no swing)</td> </tr> <tr> <td>Smash</td> <td>Above the head at a 12 o'clock position</td> <td>Overarm throwing action</td> </tr> </tbody> </table> <p>Move back to central position ready for next shot.</p>	STROKE	CONTACT	RACKET PATH	Serve	Above the head at a 12 o'clock position	Overarm throwing action	Forehand	To the side and in front of the shoes	Low to high	Backhand	To the side and in front of the shoes	Low to high	Volleys	In front and to the side of the shoes	Tap / touch (no swing)	Smash	Above the head at a 12 o'clock position	Overarm throwing action	<p>Forehand: A stroke where the player hits the ball with their palm facing forward.</p> <p>Backhand: A stroke where the player hits the ball with a swing that comes across their body.</p> <p>Volley: When a player hits the ball before it bounces on the floor.</p> <p>Split step: The step used to move to the ball from the ready position.</p> <p>Ace: A serve that is a winner without the receiving player able to return the ball.</p> <p>Baseline: The line indicating the back of the court.</p> <p>Tramline: The line indicating the sideline of the court.</p> <p>Service line: The line that the ball must bounce before when serving.</p> <p>Face: The top part of the racket that has the strings and is meant to hit the ball.</p>
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Key Skills	Key Principles/ Tactics
<p>Forehand groundstroke Backhand groundstroke Forehand volley Backhand volley Underarm and overarm serve Split step</p>	<p>Attacking and defending Score and limit points against opponent Placement of ball and creating space on court when hitting Deny space on court to opponent Consistently returning the ball</p>

ASPIRE
<p>Andy Murray is a former world number 1 singles player. He is the first tennis player to win back to back Olympic Gold Medals in the men's Singles, triumphing at London 2012 and Rio 2016. In addition to being Wimbledon Champion on 2 occasions. Andy Murray also led Great Britain to Davis Cup (World Cup of Tennis) in 2015 without losing a match.</p>

