

West Meadows Primary School - Theme Organiser



Theme: Striking and fielding - Tennis Year: 3 Subject: Physical Education

What should I already know/be able to do?

- Aim & throw object underarm
- Catch balloon/bean bag/scarf & sometimes a bouncing ball
- Use hand to strike a bean bag or ball and move towards a scoring area
- Begin to use a bat to hit a ball or bean bag

How will I use this learning in the future?

In year 4 I will tap backwards and forwards to a partner and learn to switch from back to forehand.

What vocabulary should I learn?

backhand
a shot where the racket is swung around the body before hitting the ball

baseline
the line that serves must be taken behind

court
the area that tennis is played in

forehand
a shot with the racket using the palm first

net and wall
Net/Wall Games are activities in which players send an object towards a court or target area that an opponent is defending. The aim is to cause the object to land in the target area while making it difficult for the opponent to return the object

opponent
the person you are playing against

rally
a sequence of shots between players

ready position
the position to hold when waiting to receive a ball

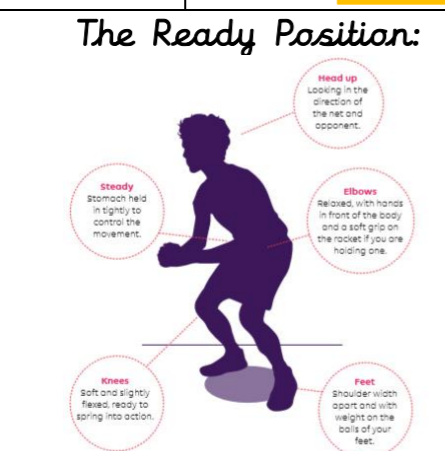
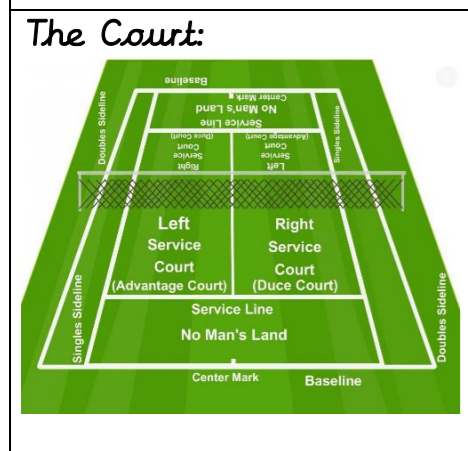
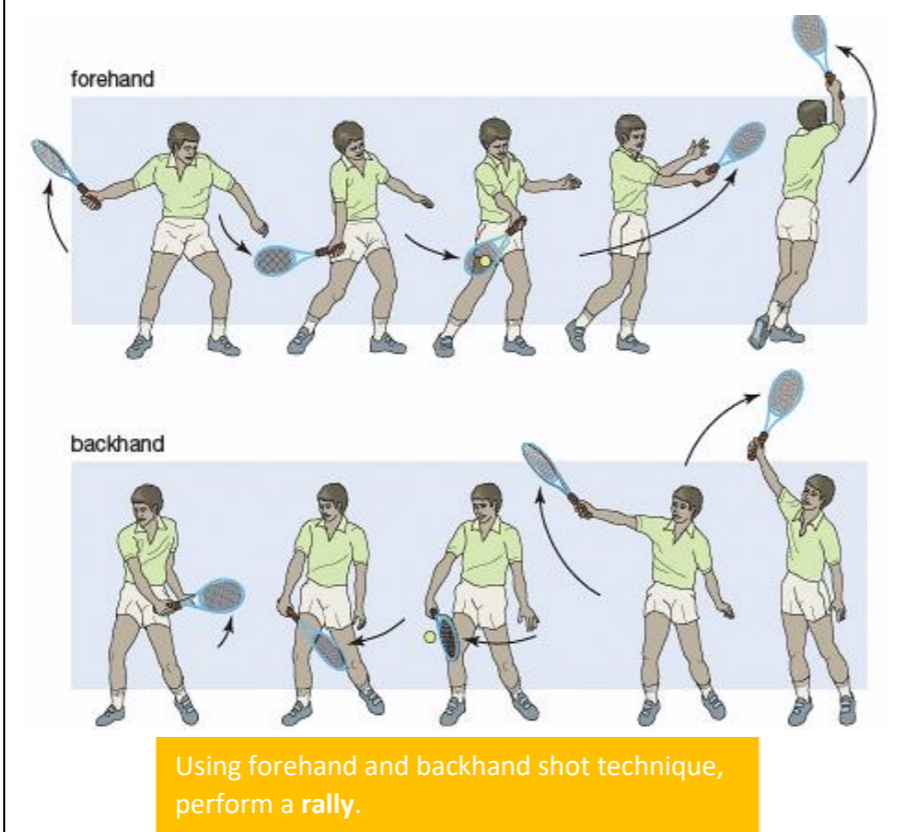
serve
the shot that is taken to begin a game

Other:
Throw, catch, bounce, hit, move

What should I be able to do by the end?

- Tap the ball off racquet (tapping it to the ground, tapping it up off the racket, tapping it up with one bounce etc)
- Tap the ball back and forth to partner
- Stand in a ready position holding racquet correctly
- Change from a ready position before tapping the ball to a partner
- Begin to know what it means by a forehand and backhand position
- Begin to attempt to serve the tennis ball straight from hands, sometimes using one bounce if needed

Shots:



Underhand serve:

1. Stand with feet shoulder width apart behind the baseline.
2. Hold the racket with the edge pointing to the ground and the tip pointing to the net. The other hand should hold the ball against the racket strings.
3. At the same time, move the racket arm down and behind you before moving it forwards and upwards and releasing the ball to hit it over the net.



Serving

- ♦ The server delivers the ball from behind the base line.
- ♦ Two tries are permitted for each service.
- ♦ If the ball strikes any part of the opponent's court except the service box, a "fault" is called.
- ♦ A fault is also called if the ball is served into the net . or if it strikes the net before hitting the opponent's court outside the service box.
- ♦ After a successful serve, the ball is hit back and forth until one player or side fails to return the ball successfully.
- ♦ A player serving the ball may not step on or over the base line until after contacting the ball.

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Theme: Striking and fielding - Tennis Year: 4 Subject: Physical Education

What should I already know/be able to do?

- Tap the ball off racquet (tapping it to the ground, tapping it up off the racket, tapping it up with one bounce etc)
- Tap the ball back and forth to partner
- Stand in a ready position holding racquet correctly
- Change from a ready position before tapping the ball to a partner
- Begin to know what it means by a forehand and backhand position
- Begin to attempt to serve the tennis ball straight from hands, sometimes using one bounce if needed

How will I use this learning in the future?

In year 5 you will learn to move towards the ball from 'Ready' position and choosing to hit the ball either forehand or back hand.

What vocabulary should I learn?

backhand
a shot where the racket is swung around the body before hitting the ball

baseline
the line that serves must be taken behind

court
the area that tennis is played in

double fault
two consecutive faults in serving, counting as a point against the server

net and wall
Net/Wall Games are activities in which players send an object towards a court or target area that an opponent is defending. The aim is to cause the object to land in the target area while making it difficult for the opponent to return the object

opponent
the person you are playing against

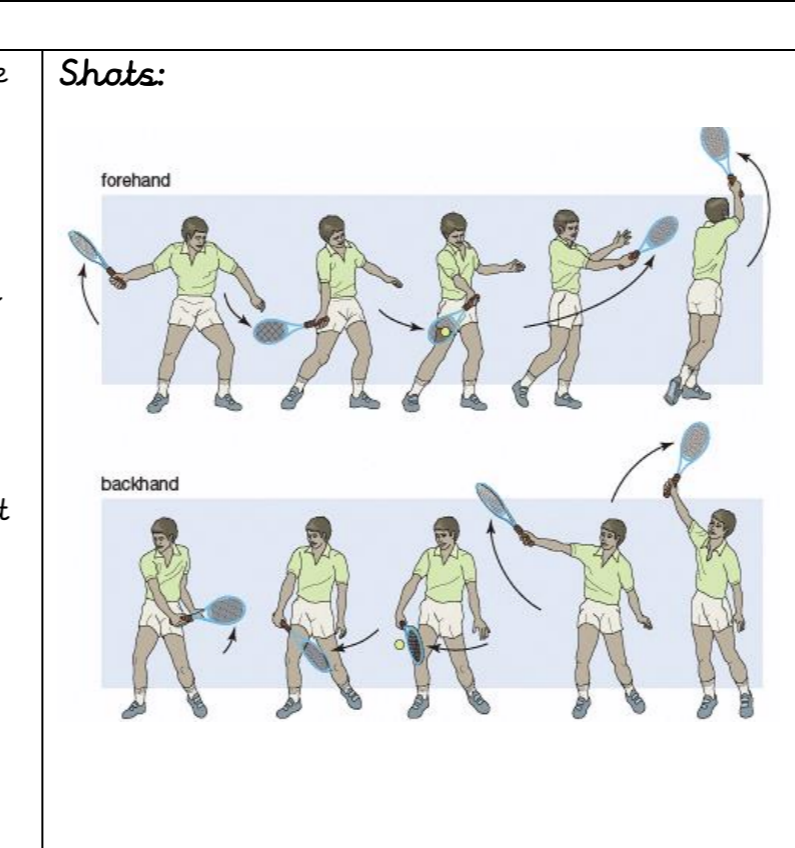
rally
a sequence of shots between players

ready position
the position to hold when waiting to receive a ball

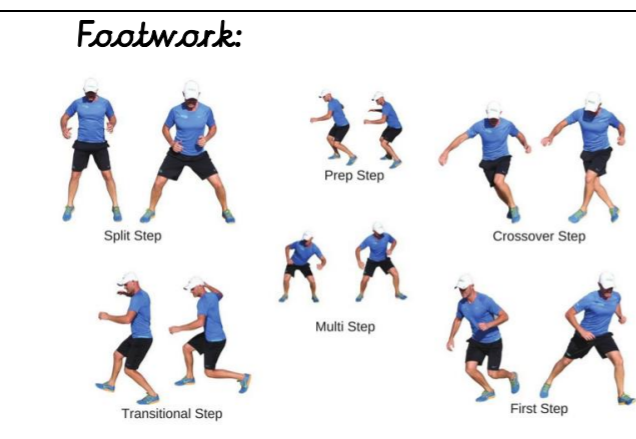
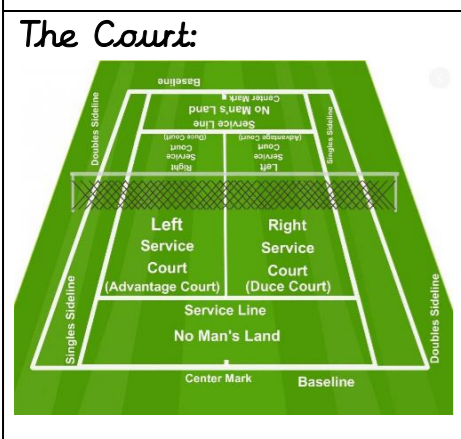
serve
the shot that is taken to begin a game

What should I be able to do by the end?

- Tap the ball back and forth to a partner over a small space
- Begin to tap a ball over a net allowing for a bounce, hit technique
- Move from a ready position into a forehand position/backhand position quickly
- Bring racquet to meet the ball for a forehand and backhand hit
- Know to use two hands for an effective backhand
- Move racquet in a low to high swing for an effective tap
- Serve the ball straight from hands to racquet making sure it lands 'in' on the other side



Other:
Opponent, consecutive, forehand, backhand, serve, volley, return



Scoring

Number of Points	Corresponding Call
0	Love
1	15
2	30
3	40
4	Game

Serving

- ♦ The server delivers the ball from behind the base line.
- ♦ Two tries are permitted for each service.
- ♦ If the ball strikes any part of the opponent's court except the service box, a "fault" is called.
- ♦ A fault is also called if the ball is served into the net . or if it strikes the net before hitting the opponent's court outside the service box.
- ♦ After a successful serve, the ball is hit back and forth until one player or side fails to return the ball successfully.
- ♦ A player serving the ball may not step on or over the base line until after contacting the ball.

West Meadows Primary School - Theme Organiser



Theme: Striking and fielding - Tennis Year: 5 Subject: Physical Education

What should I already know/be able to do?

- Tap the ball back and forth to a partner over a small space
- Begin to tap a ball over a net allowing for a bounce, hit technique
- Move from a ready position into a forehand position/backhand position quickly
- Bring racquet to meet the ball for a forehand and backhand hit
- Know to use two hands for an effective backhand
- Move racquet in a low to high swing for an effective tap
- Serve the ball straight from hands to racquet making sure it lands 'in' on the other side

How will I use this learning in the future?
 In year 6 you will learn to use the move-hit-recover approach within a game showing facing forward on recovery.

What vocabulary should I learn?

game
 a session of tennis where a player needs to reach 4 points to win

lob
 sending the ball to the back of your opponent's court

match
 a match is made up of sets, usually 2 sets need to be won to win the match

rally
 to keep a run of hits going with your opponent

ready position
 the position to hold when awaiting the ball

serve
 the shot to begin a game, taken from behind the baseline

set
 6 games make up a set

smash
 a tactical shot

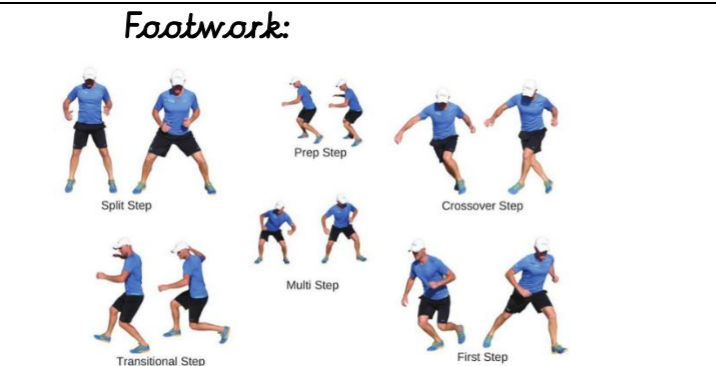
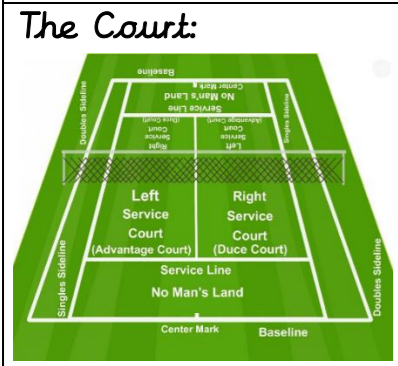
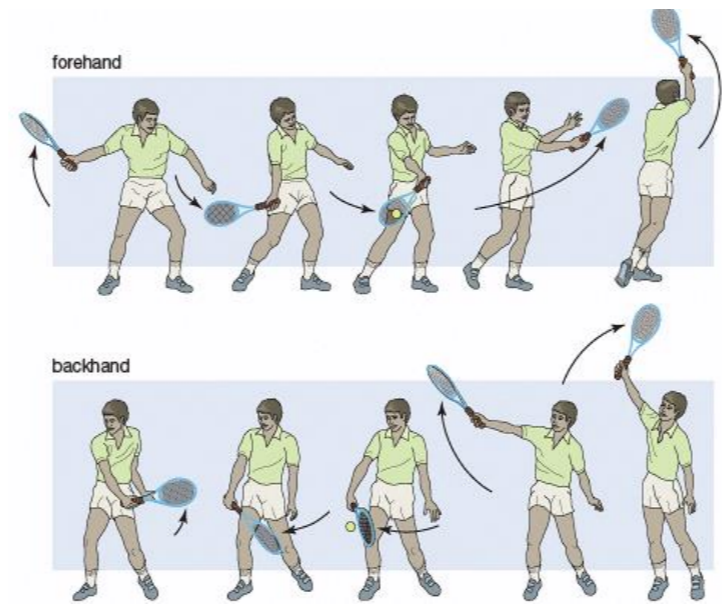
volley
 returning the ball before it bounces

Other
 Techniques, accuracy, baseline, drop shot, lob, rally

What should I be able to do by the end?

- Tap the ball using either a fore hand or back hand motion
- Move towards the ball from 'ready' position choosing either forehand or backhand depending on where the ball is
- Set racquet back in its ready position quickly upon recovery
- Demonstrate the correct swing technique when hitting the ball over a net sometimes showing control over the hit
- Serve the ball correctly beginning to purposely aim for space to score

Shots:

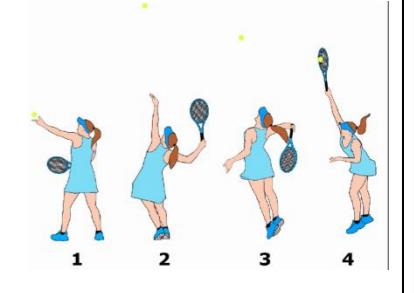


Scoring

Number of Points	Corresponding Call
0	Love
1	15
2	30
3	40
4	Game

Serving

- ♦ The server delivers the ball from behind the base line.
- ♦ Two tries are permitted for each service.
- ♦ If the ball strikes any part of the opponent's court except the service box, a "fault" is called.
- ♦ A fault is also called if the ball is served into the net . or if it strikes the net before hitting the opponent's court outside the service box.
- ♦ After a successful serve, the ball is hit back and forth until one player or side fails to return the ball successfully.
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West Meadows Primary School - Theme Organiser



Theme: Striking and fielding - Tennis Year: 6 Subject: Physical Education

What should I already know/be able to do?

- Tap the ball using either a fore hand or back hand motion
- Move towards the ball from 'ready' position choosing either forehand or backhand depending on where the ball is
- Set racquet back in its ready position quickly upon recovery
- Demonstrate the correct swing technique when hitting the ball over a net sometimes showing control over the hit
- Serve the ball correctly beginning to purposely aim for space to score

How will I use this learning in the future?

In KS3 you will use the skills you have learnt during striking and fielding to take part in matches and potentially competitions

What vocabulary should I learn?

game
a session of tennis where a player needs to reach 4 points to win

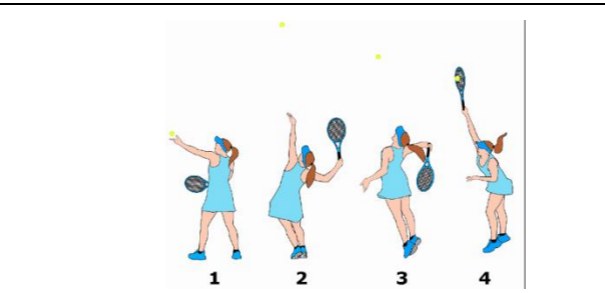
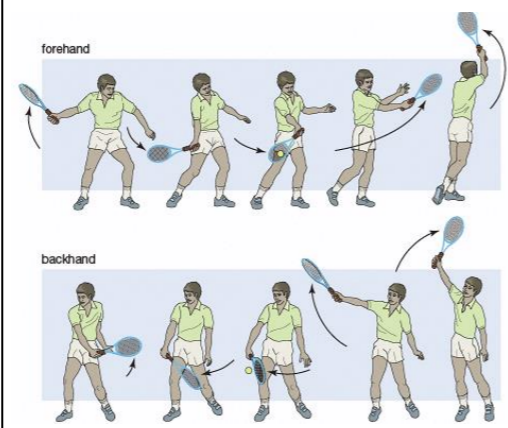
lob
sending the ball to the back of your opponent's court

match
a match is made up of sets, usually 2 sets need to be won to win the match

What should I be able to do by the end?

- Turn and run to the ball getting into a forehand or backhand position en route
- Use 'move-hit-recover' approach within a game showing facing forward on recovery
- Show a range of grips when demonstrating a backhand (continental, chopper, hammer grip).
- Use the correct swing technique and control with smooth swings keeping the path of the racquet the same
- Serve the ball accurately making team mates have to move to send it back.

Shots and serves



Serving

- ♦ The server delivers the ball from behind the base line.
- ♦ Two tries are permitted for each service.
- ♦ If the ball strikes any part of the opponent's court except the service box, a "fault" is called.
- ♦ A fault is also called if the ball is served into the net . or if it strikes the net before hitting the opponent's court outside the service box.
- ♦ After a successful serve, the ball is hit back and forth until one player or side fails to return the ball successfully.
- ♦ A player serving the ball may not step on or over the base line until after contacting the ball.

rally
to keep a run of hits going with your opponent

ready position
the position to hold when awaiting the ball

serve
the shot to begin a game, taken from behind the baseline

set
6 games make up a set

smash
a tactical shot

volley
returning the ball before it bounces

Other
Techniques, accuracy, baseline, drop shot, lob, rally



Volley
Returning the ball before it bounces.
You will need quick reaction times and a firm racket grip.



Lob
Sending the ball to the back of your opponent's court.



Smash
Like an overhead serve. This shot should force the ball to move quickly towards the ground making it hard for your opponent to return.

Number of Points	Corresponding Call
0	Love
1	15
2	30
3	40
4	Game

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