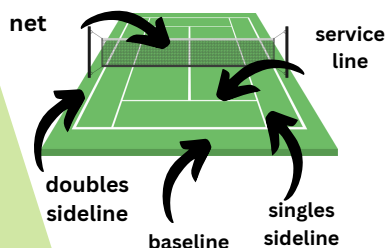


About this Unit

Tennis is a net and wall game. It is played over a net with a racket and ball and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.

The area on a court is different if you play singles or doubles. In doubles, the court is wider.

Tennis has four major competitions a year called the 'Grand Slam'. They are Wimbledon (played on a grass court), the French Open (played on clay) and the US and Australian Opens (played on hard court).



Net and Wall Games Key Principles

attacking	defending
score points	limit points
create space	deny space
placement of an object	consistently return an object

Can you think of any other net and wall games that share these principles?

Key Vocabulary

adjust: move feet to get in a better position

baseline: the back line of the court

consecutive: in a row

continuous: keep a rally going

dominant: preferred side

groundstroke: allow the ball to bounce once

non-dominant: weaker side

option: possible choices

pressure: to add challenge

readjust: move feet again to get in a better position

release: the point at which you let go of an object

serve: used to start a game

situation: things that create what happens

tactic: a plan that helps you to attack or defend

technique: the action used correctly

volley: to play the ball before it bounces

Ladder Knowledge



Shots:

Use a volley if you are close to the net, otherwise use a groundstroke.

Serving:

Use an underarm serve to start a game or rally. Use the rules for serving when playing against an opponent.

Rallying:

Choosing the right shot will help to keep the rally going. Control is more important than power to keep a co-operative rally going.

Footwork:

Use small, quick steps to adjust your stance to play a shot.

Movement Skills

- forehand groundstroke
- backhand groundstroke
- rallying
- underarm serve
- forehand volley
- backhand volley

This unit will also help you to develop other important skills.

Social

encourage and support others, co-operation, collaboration, communication

Emotional

perseverance, honesty

Thinking

observe and provide feedback, reflection, comprehension, select and apply, decision making, use of tactics

Rules

Win a point if:

- Opponent hits the ball in the net
- Opponent hits the ball out of the court area
- Opponent misses the ball or it bounces twice
- Opponent does a double fault (meaning if they serve the ball and it hits the net, doesn't land on their opponent's side, they can have another go. If they miss again it is a double fault)

Tactics

- Tactics are important because they help you to outwit an opponent.
- They are plans that you can use to help you to score points, attacking tactics, or stop an opponent from scoring, defending tactics.
- You might use different tactics depending on who you are playing against or the situation.

Serving rules:

- Ball must bounce over the net and before the service line, if playing on a court with line markings, the ball must also travel diagonally on court into the opposite service box.
- If the ball bounces out or does not go over the net, you have a second serve.
- If the ball hits the net and bounces in, it is called a 'let' and they have their first serve again.
- If a pupil fails to hit their serve 'in' after second serve, the point is awarded to their opponent.
- In a game, you serve for one whole game then switch.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Stay a safe distance from one another when using the racket.

If you enjoy this unit why not see if there is a tennis club in your local area.

How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength

Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Rally

What you need: a ball or rolled up pair of socks, a hardback book or racket and one or more players.

How to play:

- Count how many times you can hit the ball up to yourself using your book or racket. Try to keep the ball in the centre of the book/racket for good control.
- Can you do this standing on one foot?
- If you have another player, how many times can you send the ball to each other before it hits the floor?
- Make this easier by using socks or by allowing the ball to bounce once in between hits.
- Make this easier by one person using a book/racket and the other their hands.

What was your highest score?



www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit. [@getset4education136](https://www.youtube.com/getset4education136)