



# St John Fisher RC Primary School

## KS1 PE Knowledge Organiser Spring Term Two: Tennis Skills

During PE sessions this term we will acquire and develop skills and tactics so that we can progress to playing competitive Tennis matches in KS2.

### Why do we do PE?

We take part in PE sessions to keep our bodies and minds healthy. PE at St John Fisher ensures that all pupils develop competence to excel in a broad range of physical activities and lead healthy, active lives. We aim to inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities. We provide opportunities for all pupils to become physically confident in a way which supports their health and fitness. We provide opportunities to compete in sport which builds character and helps to embed values such as fairness and respect.

### Key Skills needed for Tennis

### How we will develop these skills in KS1 PE

#### Grip Technique

Children will be taught how to hold a tennis racket/bat and how to balance/control a beanbag/tennis ball whilst using this grip technique.

#### Handshake method:



Children will use the same method as shaking hands with someone to hold/grip the bat.

#### Forehand grip:



Children will be taught to grip the tennis racket at the bottom and spread out their fingers.

#### Backhand grip:



Children will be taught to grip the tennis racket at the bottom, spread out their fingers and flip their hand.

<p><b>Stroke Technique</b></p>	<p>Children will be taught how to hit a beanbag/ball using a variation of tennis strokes.</p>	<p><b>Backhand Stroke:</b></p>  <p>Children will mimic the action of throwing a Frisbee.</p>	<p><b>Underarm:</b></p>  <p>Children will mimic the action of bowling a ball.</p>
<p><b>Movement Patterns:</b></p>	<p>Children will be taught how to move like a tennis player to be able to be in a position to hit/strike the beanbag/ball.</p>	<p>Children will be taught moving forwards, backwards and side to side as well as using jumps.</p> 	
<p><b>Ready Position:</b></p>	<p>Children will be taught to be in a crouched position which will enable them to move in multiple directions to help them to react quickly and get in line with the ball to play a shot.</p>	<p>Children will need to have high levels of concentration to be able to see when the ball is coming towards them.</p> 	

**Decision Making:**

Children will need to decide which shot/stroke they will play. This will mainly depend on where the ball is when it arrives at them.

Above their head - overarm shot.  
To the side - forehand/backhand shot.  
Low towards their ankles - underarm (bowling) shot.

Decisions of where to aim the ball will largely depend on where their target area is.



**Key Terms:**

- Coordination
- Agility
- Reaction time
- Power
- Stamina
- Balance
- Flexibility

**Equipment:**

- Tennis racket
- Tennis ball
- Tennis net

**Match:**

- The aim of the game is to hit the ball over the net in a way that means your opponent cannot return it (back over the net and within the court markings)
- 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.



**What a tennis court looks like:**

