



St John Fisher RC Primary School

KS2 PE Knowledge Organiser Spring Two: Tennis

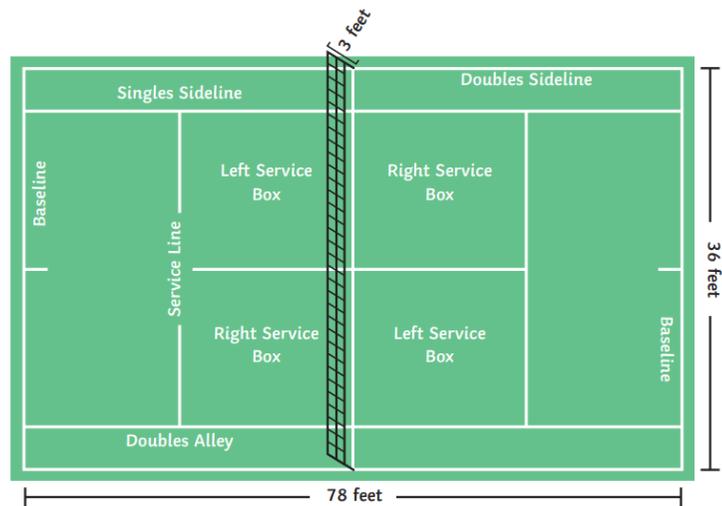
Key Skills:		Key Terms:
Stroke technique	A method used to hit the ball, when holding the racket correctly, including forehand, backhand, volley, lob, overhead and serve.	<p>Tactical Skills:</p> <ul style="list-style-type: none"> Shot Selection Positioning Change of speed Change of direction Awareness of others Timing Decision making <p>Physical Fitness:</p> <ul style="list-style-type: none"> Coordination Agility Reaction time Power Stamina Balance Flexibility <p>Equipment:</p> <ul style="list-style-type: none"> Tennis racket Tennis ball Tennis net
Movement on court	The ability to move around the court so that the player is in the best position to hit the ball.	
Decision making	The ability to choose the correct shot to use.	
Ready position	A skill and a starting position to get the body ready to return the serve and hit a stroke.	
Match play	A technique used to understand the basics of the game, the rules, scoring and the court.	
<p>Match</p> <ul style="list-style-type: none"> - 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. 	<p>Scoring</p> <ul style="list-style-type: none"> - The score starts at 0-0 which is known as 'love all'. - The score then increases as follows: <ul style="list-style-type: none"> - first point: 15 - second point: 30 - third point: 40 - fourth point: game - 40-40 is called deuce. - The umpire will always call the server's score first. 	



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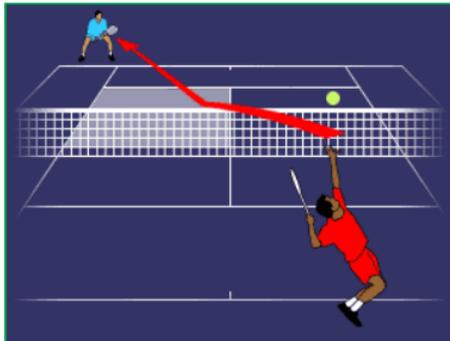
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What a tennis court looks like:



Serving:

- A serve in tennis is a shot to start a point.
- A player will hit the ball with a racket so it will fall into the diagonally opposite service box without being stopped by the net.



Tennis techniques:



Forehand grip



Backhand grip



Forehand



Backhand



Overhead



Lob