



PE Knowledge Organiser

Year 3: Spring Term

Tennis

Key Knowledge and Skills:

Develop racket and ball control:

- Use a strong wrist to hold the racket.
- Use the centre of the racket face to hit the ball.
- Roll the ball around the rim of the racket.
- Drop the ball from the racket, bend your knees to scoop it up.
- Tap the ball up and catch it on the racket.
- Tap the ball up continuously with the racket.
- Bounce the ball on the floor with the racket.



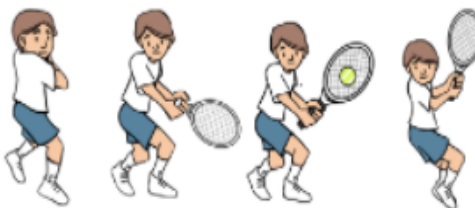
To rally using a forehand:

- Move from the ready position to slightly sideways on to the ball. Swing the racket from low with one hand over to the other shoulder high.
- Make contact with the ball when the racket face is facing your partner.



To rally using a two-handed backhand:

- From the ready position, move the racket backwards and turn sideways to the ball.
- The racket is swung forwards from a low position to finish high with both arms over the opposite shoulder.
- Hit the ball with the racket face facing your partner.
- Place the dominant hand at the bottom of the racket and the non-dominant hand above, using two hands.



Key Vocabulary:

Vocabulary:	Definition:
Opponent	Someone who competes with or opposes another in a game.
Consecutive	Following each other continuously.
Rally	A sequence of back and forth shots between players.
Forehand	A stroke played with the palm of the hand facing in the direction of the stroke.
Backhand	A stroke played with the back of the hand facing in the direction of the stroke, with the arm across the body.
Outwit	To get the better of by using one's wits or by being cleverer.

Points are scored when:

- The ball bounces twice before the opponent hits it (except for wheelchair players).
- Opponent hits the ball and it lands before the net.
- Opponent hits the ball out of the court area.

