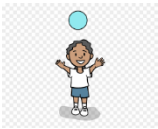




PE Knowledge Organiser

Year 5: Summer Term

Tennis



Key Knowledge and Skills:

Using a Forehand Stroke:

- Move from the ready position to slightly sideways on to the feeder.
- 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, brushing over the top of the ball, turning the strings to face downwards to the floor.



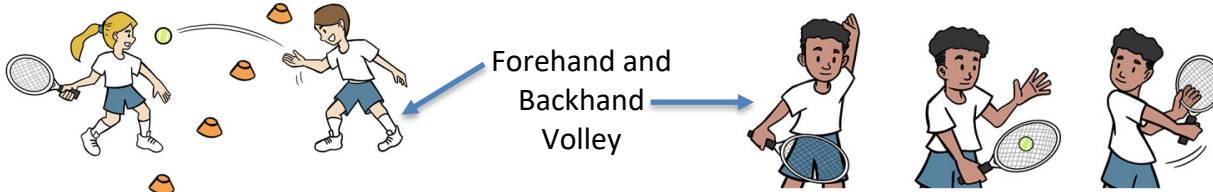
Using a Backhand Stroke:

- From the ready position, grip the racket with two hands, placing the dominant hand at the bottom of the racket and the non-dominant hand above.
- Turn sideways to the ball and move the racket backwards.
- 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 and brush your racket over the top of the ball so that the strings face downwards to the floor.

Underarm Serve:



Throw the ball upwards to head height with a straight arm. Hit the ball with the racket underarm so that the ball goes over the net and into the court area. Hit using the centre of the face of the racket. Do not allow the ball to bounce before hitting it.



Key Vocabulary:

Vocabulary:	Definition:
Serving	The first shot which will start the point.
Rallying	When a number of shots are played in succession.
Volley	Striking the ball before it bounces.
Forehand	A stroke played with the palm of the hand facing in the direction of the stroke
Backhand	A stroke played with the palm facing in the direction opposite to the stroke.
Service box	A box marked onto the court into which the server aims to land the tennis ball when completing their service motion.
Baseline	The horizontal lines at either end of the court.

Rules of serving:

- The ball must bounce over the net and before their partner's base station (placed five steps from the net)
- If the ball bounces out of the court area or does not go over the net, pupils have a second serve
- If the ball hits the net and then bounces in, it is called a 'let' and they have their serve again
- If a pupil fails to hit their serve 'in' after their second serve, the point is awarded to their opponent