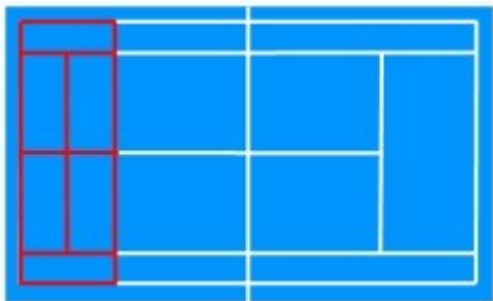




PE: Tennis

Rules

- Timed tennis- max 10 mins per match (length of match determined on competition duration and number of games to be played).
- Mini Tennis Scoring does not use traditional tennis scoring i.e. 15, 30, 40 etc. Instead, simple numbered scoring is used, i.e. 1, 2, 3, 4 etc. Players don't change ends (unless there is an obvious advantage, then at every 6 point juncture).
- The nominated person serves for the first point.
- Serving then alternates every 2 points.
- When serving, players must stand behind the baseline.
- When serving, the ball must not be bounced before being hit i.e. it should be volleyed (if the children find this really difficult allow them to bounce the ball first).
- The serve can be hit over arm or under arm.
- Serves should be hit diagonally, landing in the diagonally opposite service box.
- The player loses a point if: - the ball bounces out the court, the ball bounces more than once, the ball fails to go over the net.



Vocabulary and Key Skills

Grip and Ready Position



The edge of the racket should line up with the V shape between the thumb and the index finger. All fingers and your thumb should be curled around the grip.

Ready position - feet shoulder width apart, body facing forwards with racket in two hands and facing upwards.

Forehand



Stand in a sideways position, hold the racket away from the body (arm outstretched) and at shoulder height, move the racket in an arc shape from high to low, make contact with the ball as the racket is moving up from a low position, follow through with racket pointing towards the direction of the ball.

Backhand



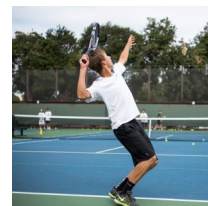
Turn shoulders away from the target to get the body rotation into the hit, watch ball over shoulder. Racket face pointing towards 'target' and at a slight angle (open face). Swing path high to high (flat trajectory through the air) – tell class they are sweeping things off a table. Body position 'side on' to target, right foot forward if right handed, left foot forward if left handed. Impact point should be level with leading leg. Timing of hit – just as the ball begins to drop.

Volley



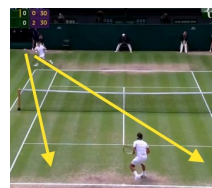
Hitter must hit the ball out in front of them with no swing and not letting the ball bounce. Side on in either forehand or backhand position.

The Serve



Stand behind the baseline, stand sideways, players have two chances to serve the ball into the opposite service box. Grip the ball lightly in the fingertips rather than in the palm, toss the ball high up in the air, a little bit in front, "Scratch your back" with your racket, bring the racket head up above behind you and bend your elbow so as to drop it behind your head, bring the racket head up to hit the ball with as much speed as you can while keeping control, hit the ball at the highest point, follow through by bringing your racket down near the bottom of your opposite foot.

Tactics



Is the receiver in the ready position or are they watching the ball? The ready position will help them move into the correct position quicker.

Are they in the centre of the court or standing on one side?

Middle is the best place to stand so they can react to all areas of the court.

Where are they hitting the ball in relation to their opponent? The further away they hit it from their opponent the more tired they will become.

Is your opponent always hitting the ball back to you? Be aware of where your opponent hits most of their shots.

Are you moving around the court more than your opposition? If so, you are more likely hitting the ball straight back to them.