

Year 7 Physical Education Knowledge Booklet

Tennis

Name:

Class:



What PE kit do I need?

Black school PE shorts, blue school PE t-shirt, Non-marking trainers and white sports socks/school blue PE football socks.

Assessment Criteria

0	Can demonstrate a ready position. Can send and receive the ball using cone catches in mini games.	
1	Can perform a forehand and backhand ground stroke from hand feed (self or partner).	
2	Can play 3 or more consecutive shots when rallying. Uses a ready position and recovers between shots.	
3	Can play forehand and backhand ground strokes with the correct technique (See SOW for description).	
4	Demonstrates good movement and positioning. Can serve using high 5 technique from the rear of the court.	
5	Can play basic forehand and backhand volleys. Has some understanding of when to use a lob.	
6	Can apply groundstroke, volleying and serving skills with success under the pressure of a game.	
T1	Thinking	Follow instructions to participate in PE activities effectively.
H1	Health	Participate in physical activity safely and responsibly in my PE lessons.

Big Questions

1. How do we get in position to play effective shots in tennis?
2. How do we hold the racket correctly and play the ball with control?
3. How do we play a forehand and backhand ground stroke?
4. How do we start a rally in tennis?
5. How do we play a volley effectively?
6. How do we play a singles match?

Web Links:

How to play the shots in tennis:

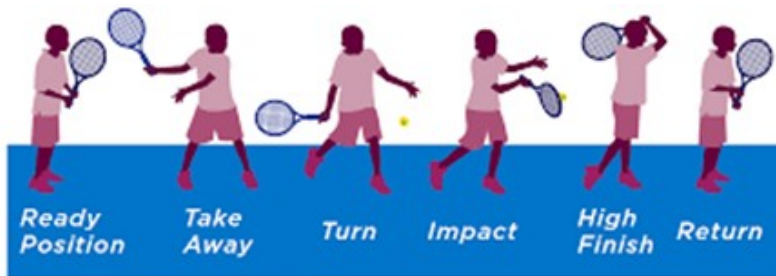
<https://www.youtube.com/watch?v=1ZSDIK23T7o>

Amazing tennis shots and rallies:

<https://www.youtube.com/watch?v=0V0HQDwM22E>



The ready position



FOREHAND



Number of Points Won	Corresponding Call
0	"Love"
1	"15"
2	"30"
3	"40"
4	"Game"

Points Score Examples	Corresponding Call
3-4	"Advantage out"
4-3	"Advantage In"
4-4, 5-5, 6-6, etc.	"Deuce"
4-6, 3-5	"Game"

Playing the ground strokes.
Remember PASS.

Path of racket - Swing from low to high. Finish with the racket over your shoulder.

Angle of racket – slightly closed so that you brush the back and top of the ball.

Speed of swing – big but controlled.

Spin – gentle top spin roll.

Principles of all tennis games:

- One player serves for the entire game.
- Second serve is allowed if the first is a fault.
- If the ball clips the net on the serve a 'let' is called and you replay the point.
- The first point is served from the right hand side of the court.
- You alternate which side of the court you serve from each point.
- The serve is always in to the diagonally opposite service box.

Quiz time!

1. The first point score in a game is called?
2. A high arching shot landing near the baseline is called?
3. The area between the single and double sidelines is called?
4. A Stroke used to put the ball into play is called?
5. A term used for a score of 40-40 is called?
6. A term used for a redo is called?
7. An unreturnable serve is called?
8. Add in means its an advantage to the _____?
9. A set is won by the player who wins at least _____ games?
10. With the exclusion of a let each point the server has _____ chances to hit the ball into the proper service court?

True or false?

1. In singles and or doubles, the server serves the entire game?
2. A serve may be underhand as long as it doesn't hit the ground first before contact.
3. A ball landing on the line is considered out.
4. While playing doubles, teammates must alternate shots.
5. A serve must land in the diagonal service court.
6. The service court is larger in doubles than in singles.
7. A stroke used to return balls on the non-racket side of the body is called the backhand.
8. On the return of the serve, the receiver must allow the ball to bounce before the return.