

Year 10 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

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.	
7	Strong forehand and backhand groundstrokes with topspin and slice.	
8	Effective shot selection when attacking, rallying and defending in a match situation.	
9	Applies match tactics in a game. Demonstrates high level skills e.g. topspin (kick) serve, drive volley.	
S7	Social	Involve and motivate others. I seek feedback from others to develop my emerging leadership skills.
T8	Social	Inspire and enthuse others around me and take on a range of roles within the team or group including leader.

Big Questions

1. How do we get in position to play effective shots in tennis?
2. How do we add spin to our groundstrokes?
3. How do we change our shot between defensive and attacking shots?
4. How can we improve our overarm serve?
5. How do we play a volley effectively?
6. How do we play a doubles match?

Web Links:

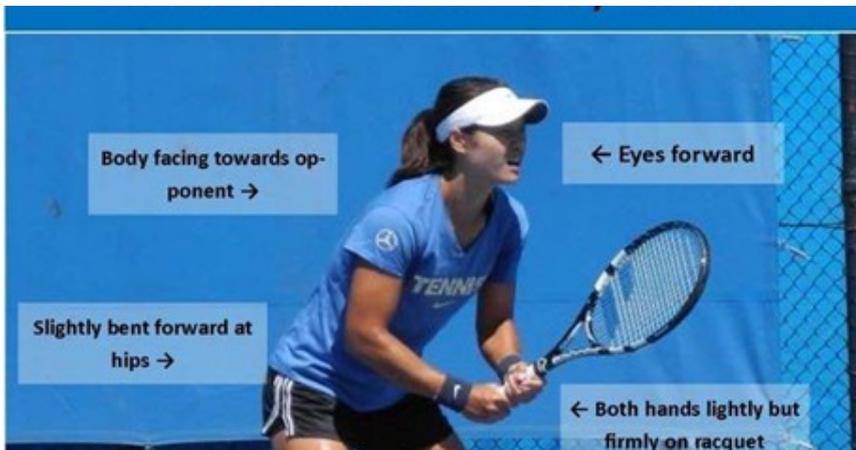
Amazing doubles points:

<https://www.youtube.com/watch?v=0IsSoGoVxr4&t=17s>

How to play top spin shots:

<https://www.youtube.com/watch?v=Rm08-qbXeW8>





Teaching points. Follow the sequence:

- Get in position – think about the angles and where the ball is most likely to go.
- Split step just before your opponent plays the ball.
- Move to the line of the ball.
- Play the shot.
- Repeat.



Key TPs for topspin groundstrokes:

- P**ath of racket - Swing from low to high. Finish with the racket over your shoulder.
- A**ngle of racket – slightly closed so that you brush the back and top of the ball.



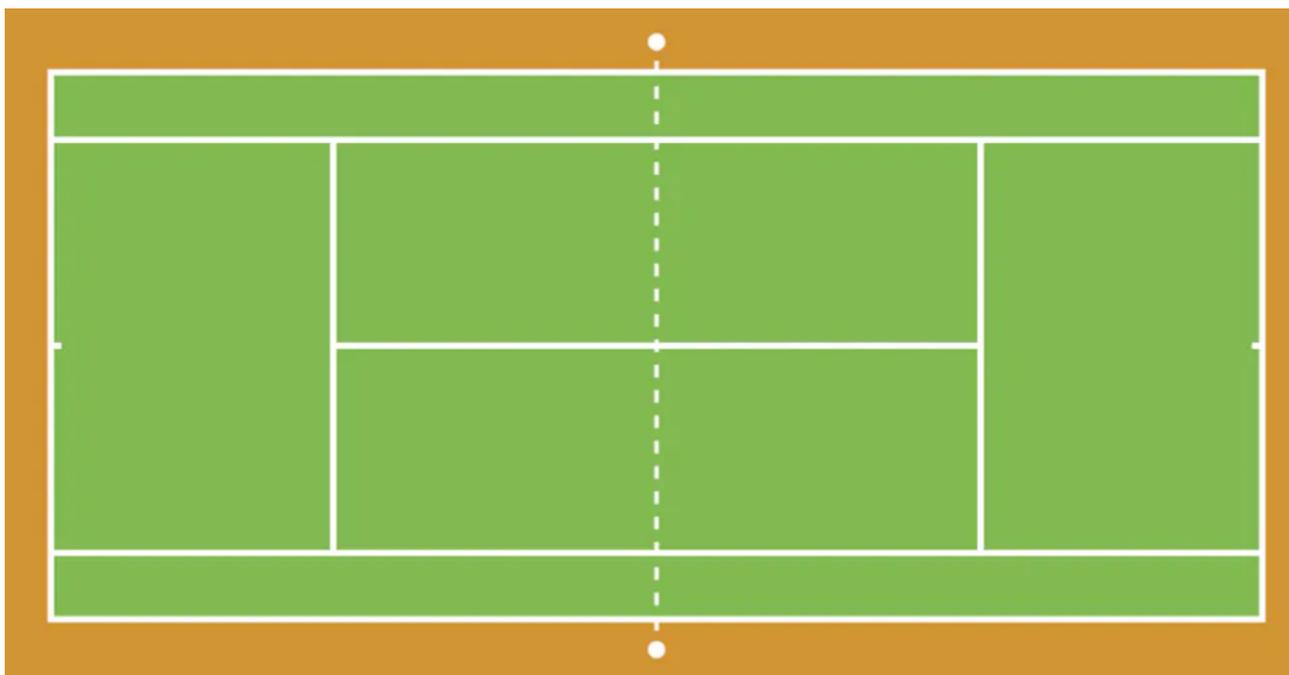
Number of Points Won	Corresponding Call
0	"Love"
1	"15"
2	"30"
3	"40"
4	"Game"

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.

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"

Use the tennis court diagram below to draw in and annotate where each player would stand at the start of a point in a doubles match.



Use the grid below to describe the tactics you can use in a tennis match to win a point/ match.

Tactic	How will it give you an advantage?

