



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

Tennis shots

Forehand:

A shot hit from the racket-arm side of the body. Usually played as a one-handed shot. Hit the ball side on, creating a 'star' shape with your body and swinging with a low to high swing path.



Backhand:

A stroke in which the ball is struck on the opposite side of the body to the racket hand. A backhand shot is now more commonly hit with a two-handed grip, however some players will use a one-handed grip. Use the same technique as the forehand just from the other side of your body.



PE: Tennis

Autumn Term: Year 3

Key Skills

- To identify and describe the rules of tennis.
- To serve to begin a game.
- To explore forehand hitting.

Major Tennis Tournaments

Grand Slams

The majors are played around the world annually in Men's + Women's (singles and doubles) and Mixed Doubles.

- Wimbledon
- French Open
- US Open
- Australian Open

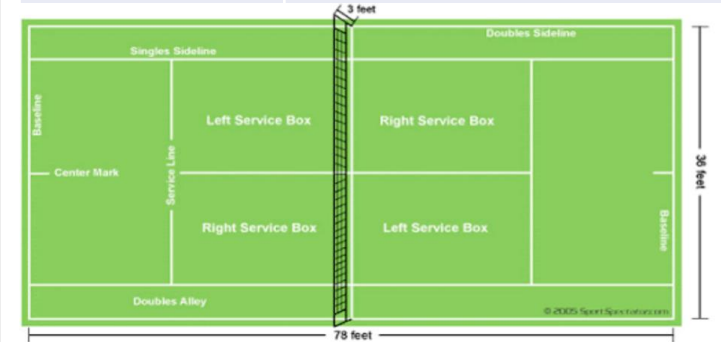


Tennis Equipment

- Tennis balls
- Tennis rackets
- Net
- Cones

Key Vocabulary

Forehand	A shot hit from the racket-arm side of the body.
Backhand	A stroke in which the ball is struck on the opposite side of the body to the racket hand.
Serve	The shot that begins each point. The serve must go diagonally across the court and bounce in the serving box.
Return	To hit the a shot back to the opponent.
Racket	A stringed 'bat' that players hold and use to hit the ball.
Court	The area in which a match is played (see picture below)



The Rules of Tennis

The game starts with the toss of a coin to decide which player can serve first and which side they serve from. The server then serves each point from alternate sides on the baseline.

If the server fails to get their serve they then get take a second serve. If their second serve does not land in the service box it is called a "double fault" and the point is lost.

If the server touches the net but the ball goes in the service area this is called a 'let' and they can take the serve again.

If the ball hits the net and does not go in the service area, then the point is lost. The receiver must let the ball bounce once before returning the serve.

The point is played by using any shot from anywhere on the court. If the player touches the net during the point they lose the point.

If the ball lands and hits any part of the sideline or baseline the ball is classed as 'in'.

