



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

Important tennis skills



Hand-eye coordination:

Tennis requires great hand-eye coordination. Hand-eye coordination is your body's ability to complete an action with timing and precision.

So for example, with tennis, hand-eye coordination is required when hitting the ball. You need to be able to get yourself into a good position to be able to hit the ball at the right time with accuracy and power.



Precision and accuracy:

Tennis also requires excellent precision and accuracy. This means aiming for a certain spot or area and hitting it. Can you get a tennis ball to go where you want it to?

If you don't throw or hit the ball accurately, then you need to adjust your aim.



PE: Tennis

Autumn Term: Year 4

Key Skills



- To identify and describe the rules of tennis.
- To serve to begin a game.
- To explore forehand hitting.
- To explore different shots including forehand and backhand.
- To work to try and return serve.
- To know positions in game play.

Ready position

This allows a player to be alert, making sure they are on their toes as it enables them to react to where their opponent hits the ball. After a shot is played, returning to the centre of the court is important.



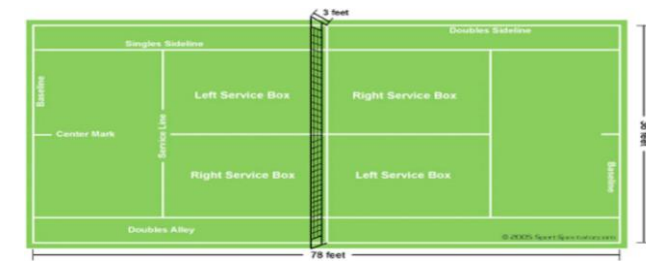
Tennis Equipment

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 most 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)
Hand-eye coordination	The way your hands and eyes work together in order to do things with accuracy, speed and skill.



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'.

