



PE - Knowledge Organiser

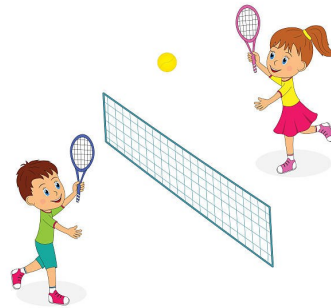
Children will be taught to:

- Understand basic rules of tennis.
- Consolidate throwing actions and practice catching.
- Strike a tennis ball using their hand or small racquet.
- Strike a ball with some control and accuracy.
- Apply tactical skill and thinking to small games.
- Perform a forehand shot.
- Hold the tennis racquet with the correct grip.



Things to think about:

- To think about which technique is better – forehand or backhand.
- Try and get a rally going.
- Use spatial awareness to watch out for other players on the court if playing pairs.



Safety:

- Remove all jewellery including earrings.
- Long hair must be tied back.
- Wear suitable footwear.
- Complete a warm-up and cool-down.

Inspiring Athlete **Andy Murray**



Unit: Tennis

Key Vocabulary

Balance	To keep steady on their feet while moving and performing skills
Control	To perform movements and skills without losing your balance, change speed and directions you move.
Technique	The safe method performers have been taught to perform a skill such as serving and forehand.
Travelling	When a player moves across a court.
Fluency	To be able to move and perform skills with ease.
Spatial Awareness	Being aware of the court area.
Accuracy	Being able to strike the tennis ball and get it to a targeted area.
Stamina	The ability to perform physical activity for a sustained period of time.
Forehand	When the player strikes a ball forward using the front of their racquet.
Backhand	When the player strikes the ball using the back of their racquet and from across their body.
Rally	When players hit the ball over the net consecutively to each other.
Serve	The player starts a game by hitting the ball over the net into the serve box.