

Prior Learning: In year 5, children learned how to use different footwork. They continued to master the skills of controlling the ball on a racket. They progressed onto paired work with a forehand and backhand shot. They developed their serving (underarm and overarm). They also learned how to play a game of mini tennis in pairs and doubles.

Physical Me

Throw & Catch - Underarm/overarm

Running/Agility - footwork, moving in different directions

Speed - moving across the court, speed of shot

Co-ordination - hand-eye, footwork

Balance - Moving with ball on racket

Power - of shot

Accuracy, Control and precision

Key Skills

Thinking Me

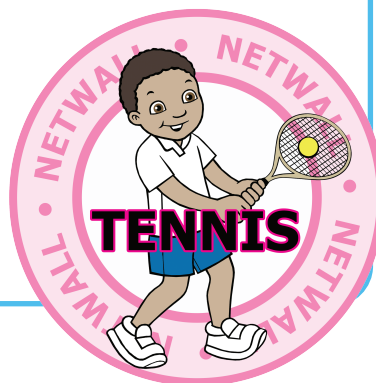
- Reacting to shots
- Anticipating shots

Value Me

- Empathy
- Resilience

Social Me

- Co-operate with others
- Collaborate with others



Tennis Scoring

Tennis is a four-point game that must be won by a two-point lead.

The name of these four points:

- love (zero)
- 15
- 30
- 40
- Game

If the game is tied at 40 deuce, it extends until one player wins by a two-point lead. There are six games in a set and two or three games in a match.

Key Vocabulary

Umpire

Anticipate

Volley

Speed

Reaction

Technique

Grip

Empathy

Precision

Key Knowledge

Shot - Shots hit during a point without the ball having bounced are called volleys, while shots hit just a split second after the ball bounces are called half volleys.

Grip - How you hold the racket, when serving or playing shots in the game. This will vary depending on the shot.

Anticipation - One of the key abilities of good tennis players is anticipation. It's an ability to predict with very high probability what the opponent will play.

Volley - A return of the ball before it touches the ground.

Inspirational Athletes

Emma Radacanu

Emma Radacanu - first British women since virginia wade to win a grand slam

She won the US open in 2021 aged 18

Emma is currently British no 1 (2022)

