



LKS2

Net Games

Overview

-Tennis is a fast-paced net game played using a stringed racquet and a tennis ball.

-The goal of tennis is to strike the ball with the racquet over the net and into the opponent's court. A point is won when the opponent cannot return the ball.

-Tennis can be played between two people (singles) or four people in teams of two (doubles). Tennis can be played on grass, clay and hard courts. A tennis court has different markings for singles and doubles matches.

Tennis has an unusual scoring system. Playing tennis requires perseverance, honesty and fair play.

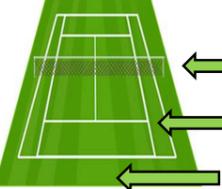


Social and Emotional

<p>Selecting and Applying Actions There are a number of different shots that we can use in tennis. We should select and apply those that are most effective at different times, so that the ball is directed in the best place with the correct amount of power.</p>	<p>Keeping Safe Follow the rules and listen to the coach/ referee's instructions. Set up, handle and store equipment properly.</p>  <p>Ensure there is appropriate space between you and others.</p>	<p>Key Vocabulary</p> <p>Tennis</p> <p>Racquet</p> <p>Tennis Ball</p> <p>Court</p> <p>Net</p> <p>Singles</p> <p>Doubles</p> <p>Out</p> <p>Forehand</p> <p>Backhand</p> <p>Serve</p> <p>Power</p> <p>Direction</p>
<p>Supporting and Encouraging Encouraging and supporting others can help them to feel good and perform well. Try to help everyone <u>stay positive</u>.</p> 	<p>Respect and Kindness Respect is the act of giving attention and showing care to others. It is important to be respectful to opponents, referees and coaches. It is important to be inclusive of others, respecting people of all abilities and experience levels.</p>	
<p>Honesty and Fair Play Fair play is about learning the rules of the game and putting them into practice honestly. For example, if you know that your shot has gone out of the court, be honest and award the point to your opponent.</p> 	<p>Managing Emotions Whilst it is important try your hardest, you should remember that games and sports should be fun. Be considerate to others in victory and be respectful and <u>gracious in defeat</u>.</p> 	

Physical		
Skill	Definition	How do I do this?
<p>The Ready Position</p> 	To be prepared to act when the ball is approaching you.	-The ready position is used in net and wall games when waiting for the ball. It allows for quick movement and change of direction. Keep your eyes on the ball. Feet apart. Knees bent. Move your feet (small quick steps) to get in line with ball. Return to ready position after each shot.
<p>Forehand</p> 	A shot with the palm of the hand facing in the direction of the target.	-Start in the ready position. Move from this position to sideways on to the ball. Swing the racket from low with one hand, over to the other shoulder high. Make contact with the ball when the racquet face is facing your target. Try to hit the ball in the centre of the racquet face.
<p>Two-handed Backhand</p> 	A shot with the back of the hand facing the target.	-From ready position, move racket backwards and turn side on. With both arms, racquet is swung from low position on non-dominant side towards high on shoulder of stronger side. Make contact with the ball when the racquet face is facing your target. Hit the ball in centre of racquet face.
<p>Underarm Serve</p> 	Starting a point fairly.	-Stand behind service line (normally back of court, but may be closer for children). Hit a forehand shot into the service box on the opposite side of opponent's court.
<p>Placing Shots</p> 	Aiming your shots in difficult places for the opponent to return.	-Hit the ball away from where your opponent is standing, but within the court. Try to think about the power you use (it needs to go over the net, but not bounce outside the court) and direction (too far wide and it will be out!)

Thinking/ Strategic

<p>The Tennis Racquet</p>  <ul style="list-style-type: none"> -The Head: the part around and including the strings (the Face). -The Neck: the part just below the head. -The Handle: the grip part that is held. 	<p>Winning Points A point is won if:</p> <ul style="list-style-type: none"> -The <u>ball bounces twice</u> before the opponent can hit it (the first bounce must be inside the opponent's court). -Opponent hits the <u>ball into the net</u>. -Opponent hits <u>ball out of the court</u>. <p>You should use your <u>thinking and strategy skills</u> to consider ways that you can place your shots so that your opponent cannot return them. Think about the <u>power and direction</u> of shots.</p>
<p>The Tennis Court</p>  <ul style="list-style-type: none"> -The Net: Divides each player's court. -Alleys: Only used in doubles. Out: A shot landing here is 'out.' 	

Health and Safety

Always try to follow the rules of the game.	Be aware of the people and space around you.	Store equipment safely when it is not in use.	Unused balls should be put in bags or trolleys.	Hard objects, like tennis racquets, should be used very carefully, to avoid injury.	Make sure that you warm up properly.	Stretch your muscles before exercising.	Warm down when exercising.	Remove jewellery and wear suitable clothing/ equipment.
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