







Welton Primary School—PE Knowledge Organiser








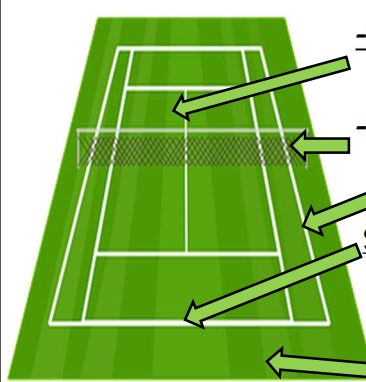
UKS2

Net Games

Overview	
<p>-Tennis is a fast-paced <u>net game</u> played using a stringed <u>racquet</u> and a <u>tennis ball</u>. It is a popular game that is played by many men, women and children across the world.</p> <p>-The goal of tennis is to <u>strike the ball</u> with the racquet <u>over the net</u> and <u>into the opponent's court</u>. A point is won when the opponent cannot return the ball.</p> <p>-Tennis can be played between two people (<u>singles</u>) or four people in teams of two (<u>doubles</u>). Tennis can be played on grass, clay and hard courts. A <u>tennis court</u> has different markings for singles and doubles matches.</p> <p>Tennis has an unusual <u>scoring system</u>, involving points, games, sets and matches. Each point begins with a <u>serve</u>. Playing tennis requires <u>perseverance, honesty and fair play</u>.</p>	

Social and Emotional		Key Vocabulary	
<p>Selecting and Applying Actions There are a number of different shots that we can use in tennis, e.g. forehands, volleys, backhands, etc. We should select and apply the shots that are the most effective at the right times, so that the ball is directed accurately and with an appropriate 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. Ensure there is appropriate space between you and others, for example when you are serving the ball.</p> 		Tennis
<p>Supporting and Encouraging Encouraging and supporting others can help them to feel good and perform well. Try to help everyone stay positive. Make sure that your comments to others are aimed either to build their confidence or skills, and are always fair/ appropriate.</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. Tennis is often considered a sport of 'ladies' and 'gentlemen!' It is important to be inclusive of others, respecting people of all abilities and experience levels.</p>		Racquet
<p>Honesty and Fair Play Fair play is about learning the rules of the game and putting them into practice honestly. Tennis requires a great deal of fairness and honesty. 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>Perseverance Perseverance is about continuing with tasks even through setbacks or when they are difficult. We should aim to learn from mistakes, rather than dwelling on them. Remember that all successful sportspeople started somewhere, and made lots of mistakes on their way to success! When it gets hard, keep digging in and working to be better.</p>		Tennis Ball

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 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. After you hit each shot, get back to a central position and on the court and return to your ready position. This enables you to be prepared to move to wherever your opponent hits the ball.
<p>Forehand</p> 	A shot with the palm of the hand facing in the direction of the target.	-From ready position, move 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. As you make contact with the ball, turn your strings to face downwards, to create topspin (this will make shots stay in the opponent's court more easily). Try to hit the ball in the centre of the racquet face.
<p>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. Brush your racket over the top of the ball so that the strings face downwards to the floor – this will create topspin. Hit the ball in centre of racquet face.
<p>Volley</p> 	To strike a ball before it bounces.	-Volleys give a chance to get the ball back to the opponent quickly, so they have little time to react. Move towards the ball before it bounces. Use a punchy action to strike the ball (not a big swing). Hit the ball downwards over net. Firm grip is needed to control racquet and ball.
<p>Underarm Serve</p> 	To start a tennis point fairly, whilst trying to give your opponent a difficult return.	-Stand behind the service line. Throw the ball upwards to head height with a straight arm. Hit the ball with the underarm, so that it goes over the net and into the opponent's service box area. Try to position the ball so into the service box in a difficult place to reach. Don't allow the ball to bounce before hitting it. Hit ball with the centre of the racket.

Thinking/ Strategic	
<p>The Tennis Court</p>  <ul style="list-style-type: none"> -Service Box Area: This is where your serve is allowed to bounce. -Net: Divides the two players' courts. -Alleys: Only used in doubles. Service Line: Serve from behind this line. Serve to the service box diagonally to you. Out: A shot landing here is 'out.' <p>To be in, the first bounce must be in the opponent's court.</p>	<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. -Opponent hits the <u>ball into the net</u>. -Opponent hits <u>ball out of the court</u>. <p>Scoring System Points are awarded as follows: 15, 30, 40, Game won. If both players reach 40 then game is <u>deuce</u>. A player scoring a point from deuce gains '<u>advantage</u>.' A point won from advantage is game won.</p>

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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