

Year 6 Tennis

National Curriculum objectives

Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Key Learning

- Show developing control of the ball
- Play forehand and backhand shot with increased confidence and accuracy
- Serve accurately underarm and overarm
- Return serves
- Take correct positions on a court
- Play strategically aiming for points

Equipment

- Rackets
- Ball
- Throw-down lines
- Cones
- Ropes
- Hoops
- Defined court area

Key Questions

What is the difference between an underarm and an overarm serve?

What is different about **returning** an overarm serve and an underarm serve?

What do you need to do when you know where the ball is going?

What does the ready position look like?

Key Vocabulary

Backhand: When the player strikes the ball with the back of the racquet from across the opposite side of the body to the racket hand.

Catch: To grab or capture the ball in your hand.

Diagonal: When you serve or hit the ball across the court diagonally over the net into the service box on the other side.

Forehand: When the player strikes the ball forward using the front of the racket.

Overarm: a throw or a stroke with a racket made with the hand or arm passing above the level of the shoulder.

Points: How a winning shot is scored. A point is the smallest unit of scoring in tennis.

Rally: When the players play a long series of shots back and forth over the net.

Ready Position: The stance and position that you want to be in before your opponent hits the ball. It helps you get ready for the next shot.

Return: To hit a shot back to the opponent

Serve: The shot that begins each point - the server hits the ball after tossing it into the air.

Smash: When the player strikes the ball downwards with the racket with a hard overarm volley.

Underarm: A throw or stroke with a racket with the arm or hand below shoulder level.

Safety

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