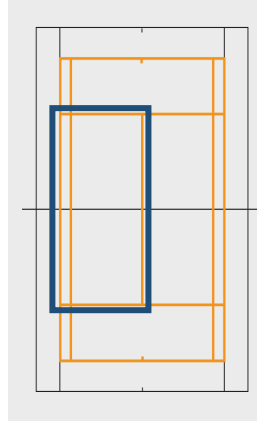


YEAR 7 PE - TENNIS

1.

Rules of the game:

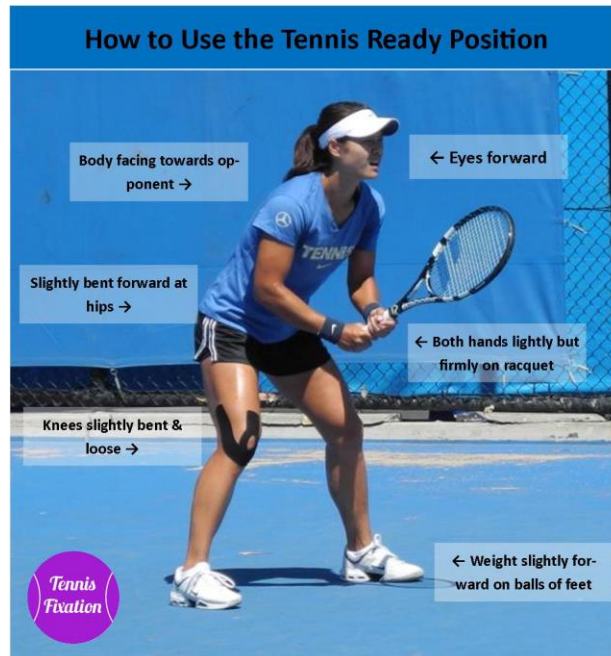
1. Aim is to strike the ball with the racket so it lands over the net within the boundaries of your opponents side
2. Ball can only be hit once
3. Serve underarm by bouncing the ball on the floor before striking
4. Let the ball bounce before you strike the ball
5. If the ball hits the net (and doesn't go over), or lands outside of the court marking this is a foul
6. Players cannot make contact with the net
7. You will use the dimensions of the court shown within the highlighted area in the image on the right



2.

Ready position:

- To be prepared to return a shot
- Ready position like in the image to the right
- Read: look where the incoming ball is coming to ensuring you are stood far enough back to react
- Move feet quickly to get into a position to return the ball



3.

Forehand stroke:

1. Get to the side of the ball by moving your feet and turning outwards
2. You should now be in a side on position
3. Move the racket from low to high to strike the ball
4. Angle of the racket should be slightly closed downwards
5. Make a 'push' contact with the ball slightly in front of your shoes
6. Palm facing forwards



Role Model



Serena Williams:

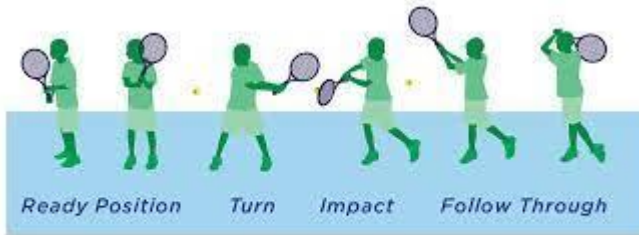
- 23 grand slam titles
- More than any man or woman in the sport

Who would win? Serena Williams or Rafael Nadal? Why?

4.

Backhand stroke:

Stroke where the performer hits the ball with a swing that comes across the body.



BACKHAND

Follow steps alike to the forehand stroke however, from the opposite side.

- Move feet to the side of the ball (right hand side if you are right handed or left hand side if you are left handed)

5.

Moving the ball around the court.

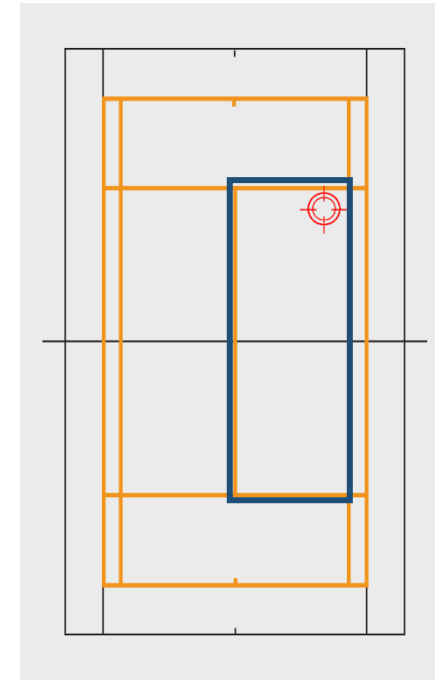
In order to score points, it is vital that you strike the ball so it lands in different areas of the court.

Look up to where your opponent is stood on the court.

Ask yourself, where is the space?

Move your body to the side of the ball quickly and ensure your body and the racket is facing in the direction you want to hit the ball. Then strike the ball to this area.

In the image on the right, if the opponent is stood at the target, where could you place the ball?



Ethics of the game

Etiquette: unwritten rules of the game. Playing fairly.

- Shake hands before and after a game
- Be honest – if the ball has landed out, accept the decision and move on
- In 2016 Lleyton Hewitt served the ball to which the umpire called out. Jack Sock saw that the ball was in so advised Hewitt to challenge the call, to which it was given in

6.

What muscles are used in tennis?

