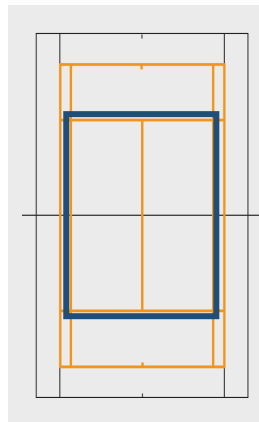


YEAR 8 PE: TENNIS

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.

What components of fitness are used in tennis?

Fitness Component	Why is it important?
Muscular endurance	So that the muscles contract for long periods of time so that the player can keep moving and striking the ball for the whole game
Reaction time	To quickly respond and move to a ball that has been dropped to a place away from where the performer is standing
Agility	To quickly change direction to move to an area of the court where the ball has landed

3.

Serve:

1. Stand behind the back line
2. The toss: throw the ball straight up above the height at which you can reach up with your arm
3. With that bring your racket arm up in the swing
4. Make contact with the ball at the highest point
5. Follow through for more power



Role Model

Tennis is accessible to those with disabilities with adapted wheelchairs in order to move around the court.

Esther Vergeer is the most decorated wheelchair tennis player with 7 Paralympic titles and 48 grandslams!

Tennis has wiped away stereotypes for disabled athletes.



4.

Volley:

A shot which involves hitting the ball out of the air before it bounces.

Usually used when you have approached the net and are near the front of the court.

1. Ensure you are in the ready position with racket raised
2. This makes it quicker to move the racket into the line of the strike you need to return
3. Ensure the face of your racket is facing the area in which you want your strike to go
4. Allow the ball to hit your racket rather than you swing at the ball for a more accurate shot.



5.

Moving the ball around the court.

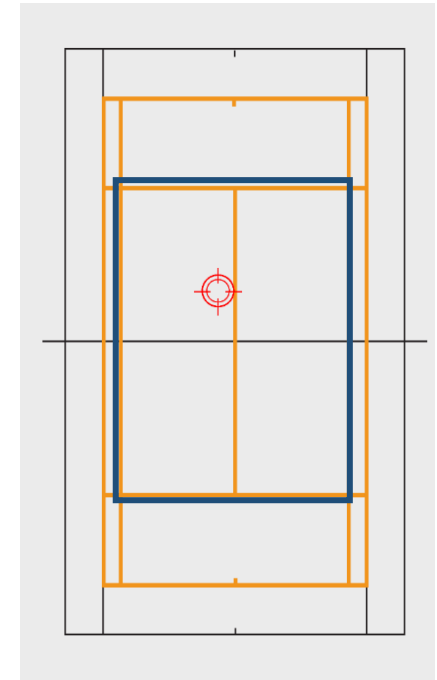
In order to score points, it is vital that you strike the ball so it lands in different areas of the court.

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

Ask yourself, where is the space? Ensure that you are aiming to strike the ball into areas both on the left, right, front and back of the court.

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? Where would you go next if they returned the shot?



Ethics of the game

Gamesmanship: bending the rules to gain an advantage over an opponent.

- Maintain pace of the game at all times – no time wasting!
- Ensure that you are not making exaggerated noises when you are striking the ball.

6.

Somatotypes: What body type is most suited to tennis? Why?

