

KEY STAGE 3

TENNIS BASIC RULES & SKILLS

Big Picture: To Develop Key Knowledge and Understanding of the Basic Rules and Skills in Tennis



Basic Rules

Objective of Tennis

The object of tennis is to hit the ball in such a way that it lands in the opponent's court and cannot be returned, resulting in a point for the player who hit the ball.

Players & Equipment

Tennis can be played individually (singles) or with two players on each side of the court (doubles). Each player has a racket, which is used to hit the ball back and forth over the net.

Scoring

To win a game in tennis you need to be the first player to win four points, the name of these four points is love (zero), 15, 30, 40, and game. If the game is tied at 40 (deuce), it extends until one player wins by a two-point lead. There are six games in a set.

To win a set by being the first player to win six games, with a two-game lead over the opponent. If the score is tied at 6-6, a tiebreaker is played to determine the winner of the set.

To win the match by winning the majority of sets played. A standard match is played as the best of three or five sets, depending on the level of the tournament.

Basic Skills

Footwork

Good footwork is essential in tennis, as it allows players to move quickly and efficiently around the court. This includes proper positioning, balance, and the ability to change direction quickly.

Agility

Tennis requires fast reactions and quick changes of direction. Agility is key to being able to cover the court effectively and reach difficult shots.

Hand-Eye Coordination

Tennis involves tracking the ball and hitting it accurately, so good hand-eye coordination is crucial.

Serve

The serve is one of the most important shots in tennis. A good serve can set up the point and put pressure on the opponent.

Groundstrokes

Groundstrokes include the forehand and backhand and are the most common shots in tennis. They require a combination of power, accuracy, and consistency.

Mental toughness

Tennis is a mentally challenging sport, and players need to be able to stay focused, remain calm under pressure, and bounce back from mistakes.



Hitting Skills

Forehand

It is played with the dominant hand. It is a shot hit with the palm facing forward, and it is used to hit the ball from the player's side of the court to the opponent's side.

Backhand

The backhand is played with the non-dominant hand, and it is hit with the back of the hand facing forward. It is used to hit balls that are on the opposite side of the player.

Serve

The serve is the first shot in a point, and it is used to start the rally. The server stands behind the baseline and hits the ball over the net to the opponent's court.

Volley

A volley is a shot hit before the ball bounces on the ground. It is usually hit near the net and requires quick reflexes and good hand-eye coordination.

Smash

A smash is a powerful shot hit overhead that is intended to end the point. It is usually hit when the ball is high in the air, such as on a lob.

Drop Shot

A drop shot is a shot hit with a lot of spin and little power, causing the ball to drop suddenly and land just over the net. It is used to surprise the opponent and force them to run forward to retrieve the ball.

Slice

A slice shot is hit with backspin, causing the ball to curve downward and bounce low. It is used to keep the ball low and make it difficult for the opponent to return.

Topspin

A topspin shot is hit with forward spin, causing the ball to bounce high and fast. It is used to hit aggressive shots and create angles on the court.

Tactical Skills

Shot Selection

Choosing the right shot based on the opponent's position, speed, and spin of the ball, and the player's own strengths and weaknesses.

Court Positioning

Knowing where to position yourself on the court based on the opponent's shots, playing style, and court conditions.

Serve and Return Strategy

Knowing when and where to serve, and how to return serve, to put pressure on the opponent and gain an advantage in the point.

Net Play:

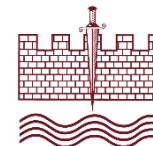
Knowing when to approach the net, how to volley effectively, and how to defend against passing shots.

Mental Toughness

Maintaining focus and composure under pressure, staying positive and confident, and adapting to changes in the match.

Game Plan

Developing a game plan based on the opponent's strengths and weaknesses, and adjusting it as the match progresses.



KEY STAGE 3

HOMEWORK / SUPPORT / UNDERSTANDING

The key questions, key vocabulary & assessment level guidance below can all be used for Homework/Home learning on this topic

Key Questions

What is the object of the game tennis?

What are 3 key rules of tennis?

What is called when the score is 40-40?

What are the different types of tennis courts?

What are the different types of tennis shots?

What is 0 called in scoring?

How do you improve your tennis skills?

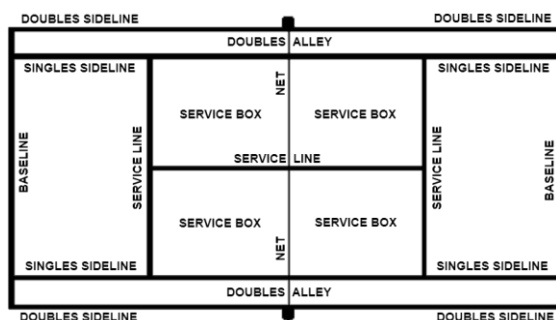
In doubles, what extra part of the court is 'in'?

Name 3 different types of tennis tournaments/competitions?

Who are some of the greatest tennis players of all time?

What is one key piece of technology that is used in a tennis?

What are some strategies for winning a tennis match?



Key Vocabulary

Ace – A serve that is not touched by the receiver and results in a point.

Advantage – When a player wins a point after deuce and needs one more point to win the game.

Backhand – A stroke hit with the non-dominant hand on the opposite side of the body from the arm.

Break point – When the receiver has a chance to win the game on the server's next point.

Deuce – When the score is tied at 40-40 in a game.

Double fault – When a player fails to get their serve in twice in a row, resulting in a point for the opponent.

Drop shot – A shot hit with backspin that drops just over the net and lands softly in the opponent's court.

Forehand – A stroke hit with the dominant hand on the same side as the arm.

Game – A unit of scoring in tennis, won by the first player to win four points with a margin of at least two points.

Lob – A high, looping shot hit over an opponent's head, often used to regain position.

Match – A competition between two players or teams, typically played as a best-of-three or best-of-five sets.

Serve – The act of hitting the ball to start a point.

Set – A unit of scoring in tennis, won by the first player to win six games with a margin of at least two games.

Slice – A shot hit with underspin that causes the ball to curve and bounce low.

Smash – Powerful overhead shot hit from a high position, usually to finish a point.

Volley – A shot hit before the ball bounces on the court.

Assessment Levels

Things to look for when assessing:

Can they return the ball consistently creating a rally?

Are they able to serve correctly?

Have they got a good grip/holding the racket in the correct place?

Are they hitting the ball into an open space/away from their opponent?

Are they using a variety of shots?

Do they rarely hit the ball into the net/out of court?

Grade 3

- Remember five rules/scoring systems.

- Recall the teaching points for a forehand/backhand

- Demonstrate the ability to perform a forehand shot that successfully lands in the court of play or at an appropriate target.

- Identify the fundamental motor skills needed in Tennis.

- Display basic striking/hitting skills and techniques with teacher guidance.

- Show the correct stance occasionally making contact, hitting the ball over shorter distance.

Grade 4

- Apply the correct forehand/backhand technique consistently in a competitive situation.

- Have an understanding of the different shots you can play within the game.

- Be able to apply the basic technique for a serve regardless of the outcome with the ability to produce a successful serve occasionally.

- Identify most of the rules associated with the game and discuss basic tactics.

- Independently show basic movement skills in a game, such as moving left/right or forward/back to meet the ball at the appropriate time.

Grade 5-6

- Analyse your own technique or a peer's technique in skills

- Evaluate: Know what type of shot should be used in different situations.

- Know/demonstrate: Where to aim the ball in terms of the positioning of the opponent or angle of shot.

- Apply/Evaluate different shots and tactics during a game.

- Combine skills effectively with consistent precision, speed and accuracy, e.g., movement to the ball to hit a down the line forehand with slight top spin.

- Apply skills and techniques accurately in pressured situations.

Grade 7-9

- Be able to effectively outwit an opponent in a competitive game situation.

- Be able to consistently use advanced and creative skills in game play, e.g., volley or slice.

- Can adapt "their game" to suit their opponent's weaknesses.

- Have a very good understanding of tactics, such as coming to the net, use of various shots.

- Can develop practices and tactics in training sessions confidently.

- Can assess and improve other pupils' performances.

- Create your own tennis drills.