



Get Set 4  
Education

# Knowledge Organiser

## Tennis Year 4

### About this Unit

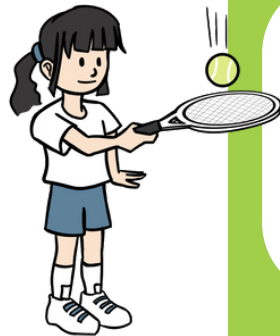
Tennis is a net and wall game. It is played over a net with a racket and ball and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.

Tennis or 'Jeu de paume' (palm game) was first played without rackets and used the palm of the hand to hit the ball. The game was invented in the 12th century by monks in Northern France.

It wasn't until the 16th century that rackets were added and it became known as tennis. It was a very popular sport and King Henry VIII was a keen tennis player.

#### Net and Wall Games Key Principles

| attacking              | defending                     |
|------------------------|-------------------------------|
| score points           | limit points                  |
| create space           | deny space                    |
| placement of an object | consistently return an object |



Can you think of any other net and wall games that share these principles?



### Key Vocabulary

**alternate:** one then the other  
**co-operative:** working together  
**compete:** take part in a contest  
**contact:** the point where you hit the ball  
**continuous:** keep a rally going  
**control:** being able to perform a skill with good technique  
**court:** the space used for a tennis game  
**deny:** to prevent an action happening  
**extend:** to make longer  
**rally:** when a point is played back and forth  
**receiver:** the person who the ball is being hit to  
**reflect:** to think back on the experience  
**swing:** smooth semi circular action  
**tactic:** a plan that helps you to attack or defend



### Ladder Knowledge



#### Shots:

Play a forehand when the ball comes to your dominant side.  
 Play a backhand when the ball comes to your non-dominant side.

#### Rallying:

Move your feet to the ball to help you to hit in a more balanced position and increase the accuracy of your shot.

#### Footwork:

Get your feet in the right position to help you to balance before playing a shot.

### Movement Skills

- throw
- catch
- forehand
- backhand
- rallying

This unit will also help you to develop other important skills.

**Social** co-operation, support and encourage others, collaboration, respect

**Emotional** perseverance, honesty, determination

**Thinking** identifying strengths and areas for improvement, reflection, select and apply, comprehension, use tactics

### Rules

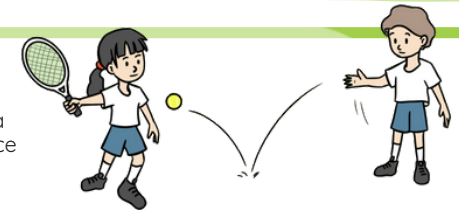
#### Win a point if:

- Opponent hits the ball in the net
- Opponent hits the ball out of the court area
- Opponent misses the ball or it bounces twice

### Tactics

#### Attacking:

- Look at where your opponent is and try to place the ball away from them.



#### Defending:

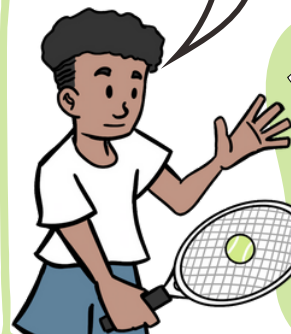
- Move quickly to a ready position in the centre of the space.
- Cover the space between you when playing with someone else.

### Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Stay a safe distance from one another when using the racket.

If you enjoy this unit why not see if there is a tennis club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



#### Jeu de Paume (Palm Game)

**What you need:** a ball and a wall

#### How to play:

Using the palm of your hand, can you...

- Hit ball up continuously?
- Bounce the ball down continuously?
- Hit the ball up, let it bounce once then hit it up again? How many can you do in a row?

Playing against a wall, can you...

- Hit the ball against the wall, let it bounce then hit it again keeping a rally going? How many can you do in a row?



Head to our youtube channel to watch the skills videos for this unit.



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