



Get Set 4
Education

Knowledge Organiser

Tennis Year 4

About this Unit

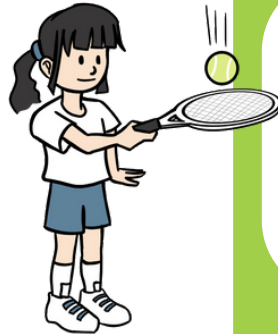
Tennis is a net and wall game. It is played over a net with a racket and ball and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.

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

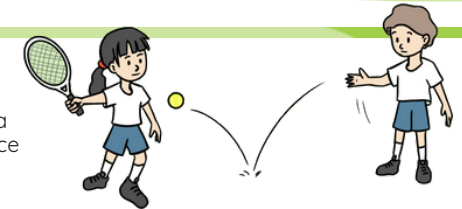
Win a point if:

- 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:

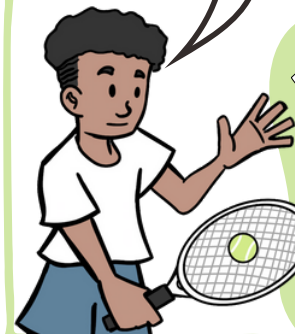
- Move quickly to a ready position in the centre of the space.
- Cover the space between you when playing with someone else.

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

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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