



Year 5 - Spring - PE Knowledge Organiser - Tennis

What I already know...

- How to develop an understanding of tactics
- How to develop hand eye coordination skills
- How to use running, jumping, throwing and catching in isolation and in combination.
- How to develop an understanding of attacking and defending skills
- How to develop an understanding of teamwork skills

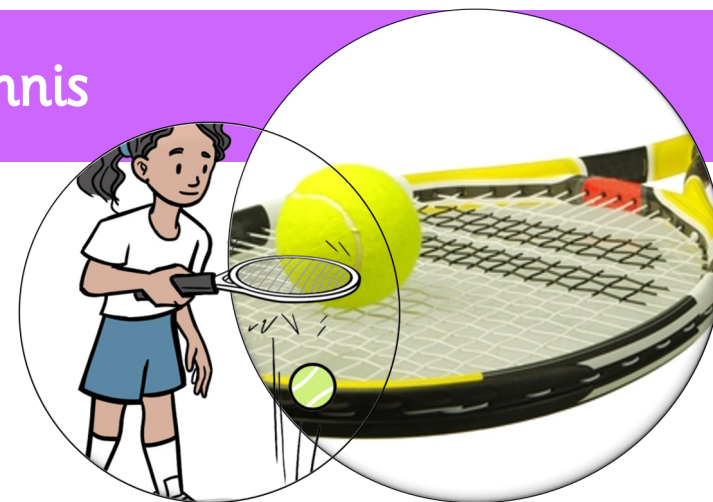
Key Vocabulary

Forehand	A stroke where the player hits the ball with their palm facing forward.
Backhand	A stroke where the player hits the ball with a swing that comes across their body.
Ace	A serve that is a winner without the receiving player able to return the ball.
Baseline	The line indicating the back of the court.
Face	The top part of the racket that has the strings and is meant to hit the ball.
Service Line	The line that the ball must bounce before when serving.

What I will learn...

Tennis

- The impact of warm ups and cool downs and how it effects their bodies.
- How to attack and defend in a game situation.
- The basic rules and tactics for tennis and employ them in a game situation.
- What space is and be able to find it with success in semi-pressured situations.
- How to use simple defensive skills with control and success.
- The different strokes in tennis, such as: forehand groundstroke, backhand groundstroke, forehand volley, backhand volley and underarm serve.



Making a difference at The Merton

The children will have the opportunity to discuss the importance and relevance of exercise in promoting good physical and mental health.

They will learn about skills, tactics and rules for tennis. They will develop their hand-eye coordination when practising throwing and catching, as well as other specific tennis strokes.

They will be taught to play competitively and apply basic principles suitable for attacking and defending.

Making a difference at home

- You could join a tennis club in the local area, such as Northfields Tennis Club.
- Watch Wimbledon—or any tennis tournament—and watch closely at the tactics from each of the players!
- Sign yourself up to the tennis after school club—if this is offered to your particular year group.