

Tennis – Serves

Keywords

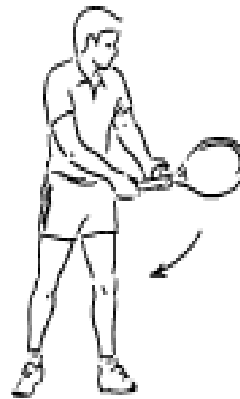
Accuracy	Control
Attack	Ground Strokes
Rally	Baseline
Serve	Disguise
Return	Smash
Hit	First Serve

Can you think of anymore?



Performance	Can copy an underarm service action
	Can hit a ball underarm without a net
	Can hit a ball underarm over a net
	Makes good contact with the ball and is consistent
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can hit a ball to start a rally
	Can serve underarm in a short rally
	Able to hit serves underarm and overarm
	Can begin to place a serve into an intended target
Health Related Fitness	Can state a basic explanation of what exercise is
	Describes how you feel during exercise
	Knows why exercise is good for us
	Can begin to warm up independently

Preparation



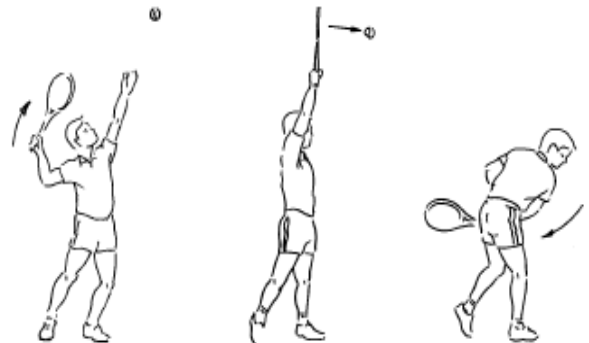
- The ball must be hit by the server before it touches the ground.
- The ball must be hit from a specific place - behind the baseline.

Ball Throw



- Start with the racket and ball together; Split your body in two
- Throw the ball up front of your body and bring the racket behind your body.

Strike/Hit



- The racket should meet the ball at its highest point.

Can you land it on the other side of the net?

As your timing improves why not try a jump before the HIT!

Tennis – Making Contact & Forehand

Keywords

Determination	Respect
Hit	Ground Strokes
Rally	Baseline
Service	Disguise
Return	Topspin
Coordination	Slice

Can you think of anymore?



Grip & Ready Position



Teaching Points

- Take racket back early.
- Make smooth connection between backswing and forward swing.
- Step into the shot.
- Firm grip.

Making Contact & Forehand



Teaching Points

- Take racket back early.
- Make smooth connection between backswing and forward swing.
- Step into the shot.
- Firm grip.

Performance	Can copy stroke action
	Can hit a ball with some control
	Can hit a ball towards a target
	Hits at a target making good contact with the ball
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can hit a ball
	Can strike with degree of accuracy
	Able to hit away from an opponent
	Can hit a ball on both sides and beat opposition
Health Related Fitness	Can state a basic explanation of what exercise is
	Describes how you feel during exercise
	Knows why exercise is good for us
	Can begin to warm up independently

Can you rally over the net?
Can you BEAT your opposition?

