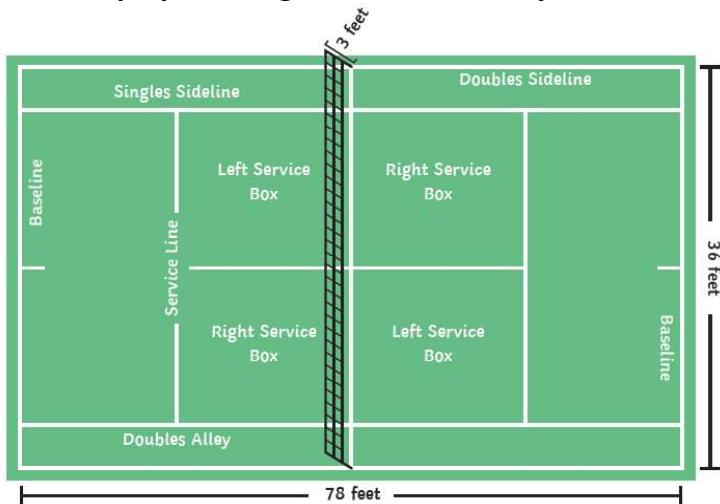


PE Knowledge Organiser - Tennis

Tennis is played on a grass, tarmac or clay court.



Scoring

A tennis match is composed of points, games, and sets.

A game is won by the first side having won at least four points with a margin of two points or more over their opponent.

A set is won by the first side to win 6 games, with a margin of at least 2 games over the other side (e.g. 6-3 or 7-5).

If the set is tied at six games each, a tie-break is usually played to decide the set.

**Women play the best of 3 sets.
Men the best of 5 sets.**

The score starts at 0-0 which is known as 'love all'.

The score then increases as follows:

- first point: 15
- second point: 30
- third point: 40
- fourth point: game

40-40 is called deuce.

The umpire will always call the server's score first.

Key Skills

Forehand

A shot hit from the **racket-arm side of the body**. Usually played as a one-handed shot. Hit the ball side on, creating a 'star' shape with your body and swinging with a **low to high swing path**.



Backhand

A stroke in which the ball is struck on the **opposite side of the body to the racket hand**. A backhand shot is now more commonly hit with a two-handed grip, however some players



(Federer) will use a one-handed grip. Use the same technique as the forehand just from the other side of your body.

Ready Position

Allows a player to be alert, making sure they **are on their toes** as it enables them to react to where their opponent hits the ball. After a shot is played, **returning to the centre of the court is important**.



Key Vocabulary

Forehand – a shot hit from the racket-arm side of the body

Backhand – a shot hit from the opposite side of the body to the racket hand

Serve – the shot which begins each point. The serve must go diagonally across

Drop shot – a gentle shot which lands just over the net

Smash – a hard shot when the player 'smashes' the ball down from overhead

Lob – a shot which goes high over the opponent

Rally – a long series of shots

Return – to hit a shot back to the opponent

Grip – how you hold your tennis racket

Racket – a stringed 'bat' that players use to hit the ball

Umpire – the official who is in charge of the match

Volley – a shot when the ball is hit back before it bounces

Ace – a serve which the opponent cannot get a racket to

Advantage – when a player reaches 'game point' after a deuce

Game – to win a game, the player must win 4 or more points

Point – players win a point by hitting the ball so the opponent cannot return it

Match Point – the point needed for a player to win the match

Out – if the ball bounces long (at the back) or in the tramlines in singles

Deuce – when a game goes to three points each.

Ready Position – the starting stance for players

PE - Tennis

Famous Tennis Players



Serena Williams is the most successful player of all time and has won the most Grand Slam titles with 39: Singles 23, Doubles 14, Mixed 2. She is also the most decorated player (along with her sister Venus) in Olympic history with 4 Gold Medals



Rafael Nadal is considered to be one of the greatest tennis players ever and is called the king of clay. The Spanish national has won 22 Grand Slam singles titles and holds the record of winning 13 French Open Championships. He also has one Australian Open, two Wimbledon and four US Open titles to his name.



Roger Federer is one of the most successful men's players of all time holding many records, having won 20 Grand Slam titles (he reached 10 finals in a row), 6 ATP Finals, 103 career titles and has spent a record 310 weeks (237 consecutive) as World Number 1!



Widely considered one of the greatest tennis players of all time, **Novak Djokovic** is currently second in the list of number of Grand Slam singles titles won by male players (21). He is known for his powerful two-handed backhand and his service returns. Djokovic is also the only player to complete the career Golden Masters and he has achieved this feat twice.

History of Tennis

Historians believe that the game originated in 12th century northern France, where a ball was struck with the palm of the hand. Louis X of France was a keen of *jeu de paume* ("game of the palm"), which evolved into real tennis, and the first person to construct indoor tennis courts in the modern style.

The Four Majors (big competitions)

Tournament	Month	Country
Australian Open	January	Australia
French Open	May – June	France
Wimbledon	June – July	United Kingdom
US Open	August – September	United States

The Wimbledon Championships, commonly known simply as Wimbledon, is the oldest tennis tournament in the world and is widely regarded as the most famous. It has been held at the All England Club in Wimbledon, London, since 1877 and is played on outdoor grass courts, with retractable roofs over the two main courts since 2019. Roger Federer has won Wimbledon a record 8 times!



Name: _____

Year: _____

Assessment mark: (1-9) _____

Assessment Questions: To be completed at the start of the unit and then repeated at the end of the topic

1. Explain the basic rules of tennis – how do you win a point?

Beginning of the Unit	End of the Unit

2. Explain the scoring system in tennis

Beginning of the Unit	End of the Unit

3. What is the first shot in a rally called? What are the rules for this shot?

Beginning of the Unit	End of the Unit

4. What are some of the key shots in tennis? Can you tell me about them?

Beginning of the Unit	End of the Unit

5. What is a Major? Can you name some major winners?

Beginning of the Unit	End of the Unit

6. What do you think are the key skills

Beginning of the Unit	End of the Unit