



# Physical Education

## Tennis Year 3

### Unit Purpose

The unit of work will **explore** how to **apply** the principles of **attack** vs **defence** in order to win a game of tennis.

Pupils will understand where and why we throw/hit the ball on the court and be introduced to basic shot techniques.

### Inspire Me

**Did you know...** The **Grand Slam** tournaments, are the four major and most important annual tennis events. The Grand slam consist of the Australian Open, French Open Wimbledon and US Open.



### Key Success Criteria

- P** Pupils will throw/hit the ball into space on their opponents side of the court. After playing a shot pupils will recover to a ready position, ready to return the ball.
- C** Pupils will develop their understanding of where, when and why we throw/hit the ball into spaces on their opponents side of the court.
- S** Pupils will develop life skills such as cooperation and encouragement as they play fairly against others, keeping the score.
- W** Pupils will apply their skills with developing confidence as they grow in their ability to show resilience and determination.

### Vocabulary for Learning

**Outwit:** means using your intelligence to trick or out smart your opponent to win a point.

**Space:** is an open area on the court that is unoccupied by your opponent. This could be at the side, front or back of the court.

**Return:** means successfully hitting a ball back over the net, landing it in, on your opponents side of the court

**Recover:** means returning to a position on the court, usually in the middle of the court on the baseline, ready to receive a shot from your opponent.



### Sport Specific Vocabulary

**Baseline:** The baseline runs parallel to the net and defines the back of the court on each side.

**Forehand:** A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the ball.

**Rally:** A rally is a series of returned hits of the ball that ends when either player fails to successfully return the ball.

**Out:** is the term used when the ball is returned over the net and does not bounce on the inside of the court.

