

Tennis

What should I already know/do?

- Different ways to use and move with the ball.
- Develop technique with throwing and receiving.
- Moving to get in line with ball.
- Move fluently - changing direction and speed.

Gems of Knowledge



Procedural Knowledge -

- Engage in cooperative and competitive activities.
- Use and move a tennis racket with control.
- Choose and use skills and simple tactics for different situations.
- Receive and send with control.

Declarative Knowledge -

- Understand and follow the rules of a game.
- Watch and describe a performance. Take ideas to improve your skills.
- Understand the importance of warming up in preparation for exercise.

Terrific Tennis Players



Andy Murray



Serena Williams

FOCUS -
Cooperation.
Develop technique and control

Vocabulary

Cooperation -

Working together to achieve success.



Underarm -

Pushing the ball upwards with the racket.



Racket -

A bat with a round oval frame used in tennis, badminton and squash.



Receive -

Catch or gain control of the ball.



Swing - How you approach hitting the ball with the racket.



Ready position

-
 An athletic stance with feet shoulder width apart and slightly bent knees.

