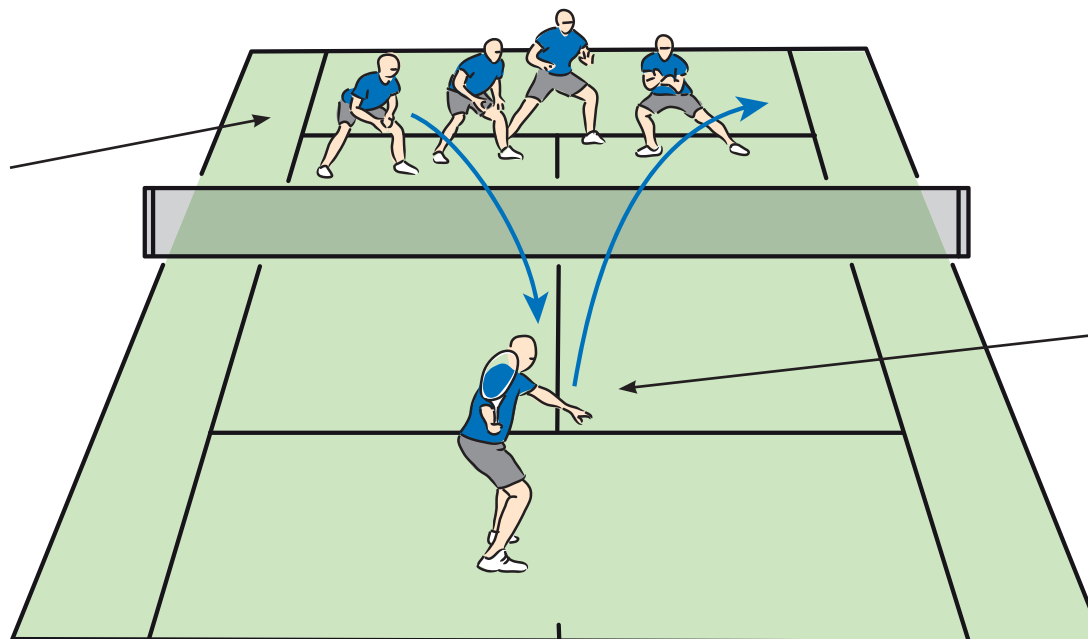


RESOURCE CARD: **TENNIS:** YEAR 6

RELATES TO: **WEEK 1**

MAIN LESSON: COURT POSITIONING AND FOREHAND SHOT

One of the catchers has to feed the ball to the hitter. Once the ball is hit, the four catchers try to catch it before it bounces. If it bounces the hitter scores a point.



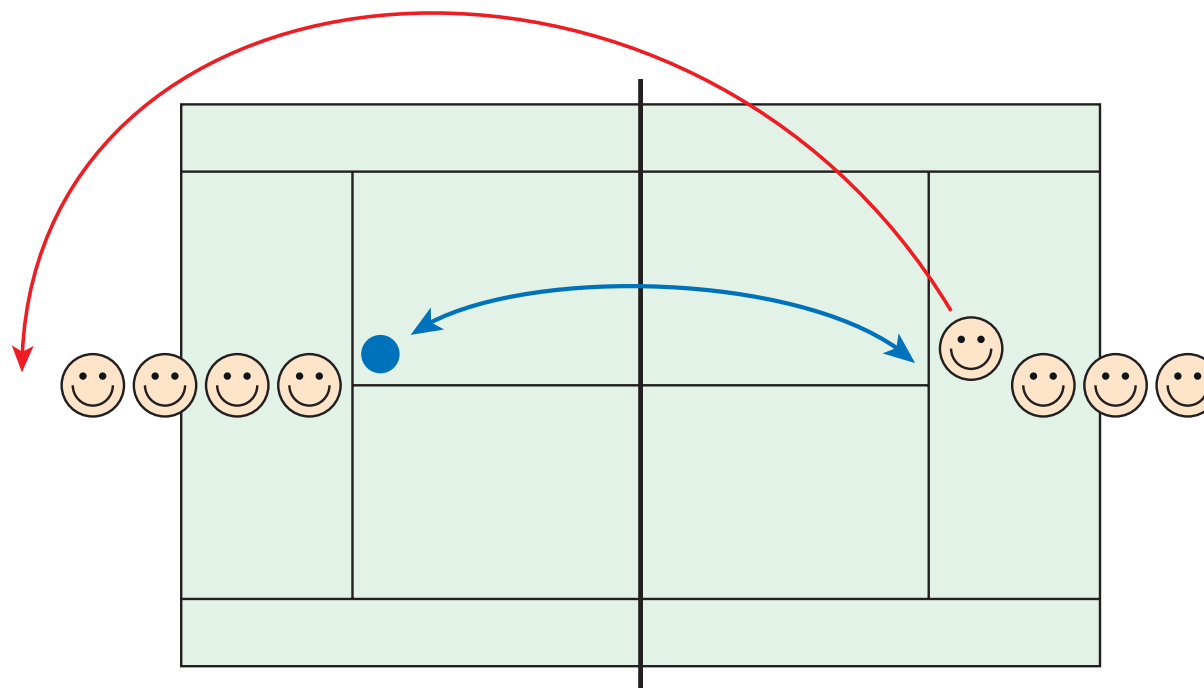
The hitter plays a forehand shot into a space to score a point.

RESOURCE CARD: **TENNIS:** YEAR 6

RELATES TO: **WEEK 2**

WARM UP: FOLLOW THE BALL

Throw the ball over the net to the other person. Once thrown, run round and join the back of the opposite line. Set up 4 lines of this to keep pupils active.



KEY



Player



Ball



Where the player moves to



Where the ball moves to

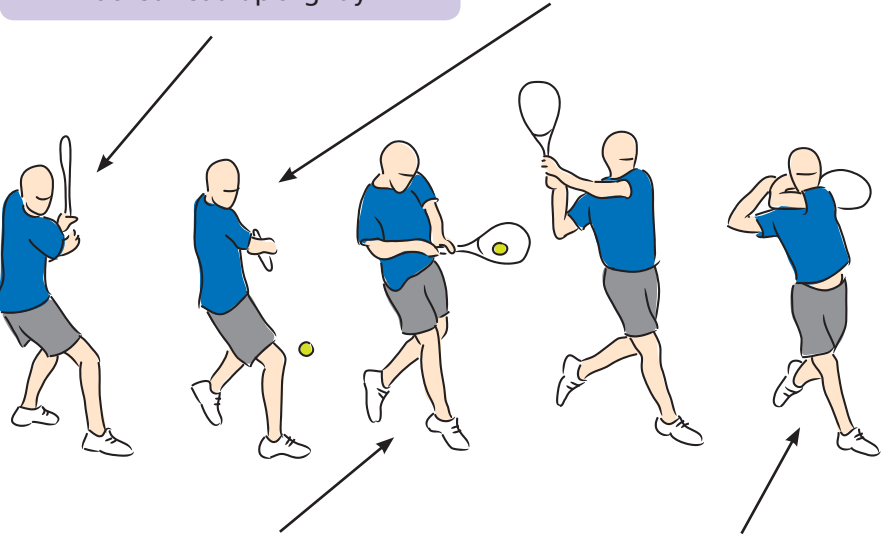
RESOURCE CARD: TENNIS: YEAR 6

RELATES TO: WEEK 2

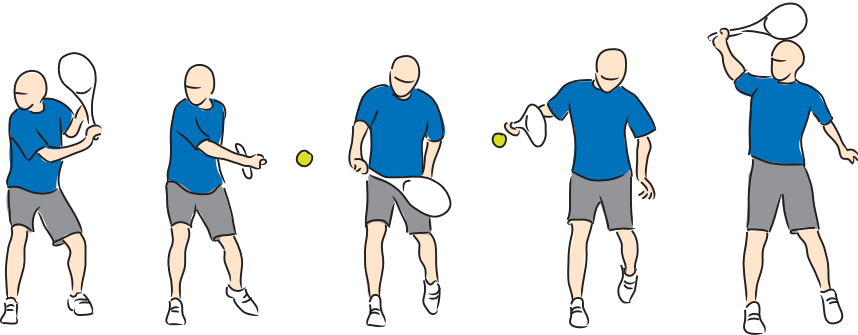
MAIN LESSON: BACKHAND

Get the body side-on to the ball. Take a back swing, raising the racket head up slightly.

Transfer the weight from the back to the front leg.



The backhand shot can also be played one-handed.

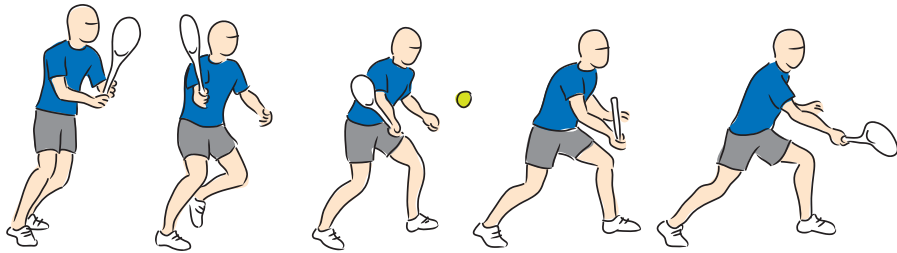


RESOURCE CARD: **TENNIS:** YEAR 6

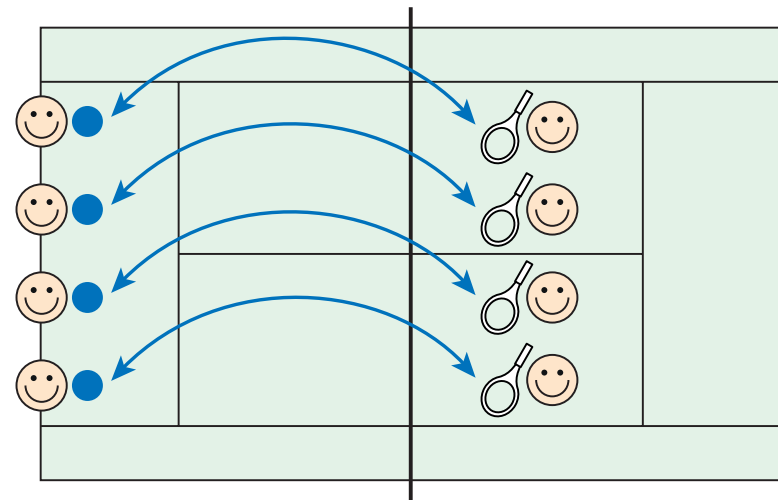
RELATES TO: **WEEK 3**

MAIN LESSON: VOLLEY

Volley the ball just in front of the body, pushing the ball forward over the net.



A volley is normally used to return the ball quickly before it bounces around the net area.



Feeders stand on the base line and throw the ball over the net. Hitters return the ball with a volley.

KEY



Player



Ball



Racket



Where the ball moves to

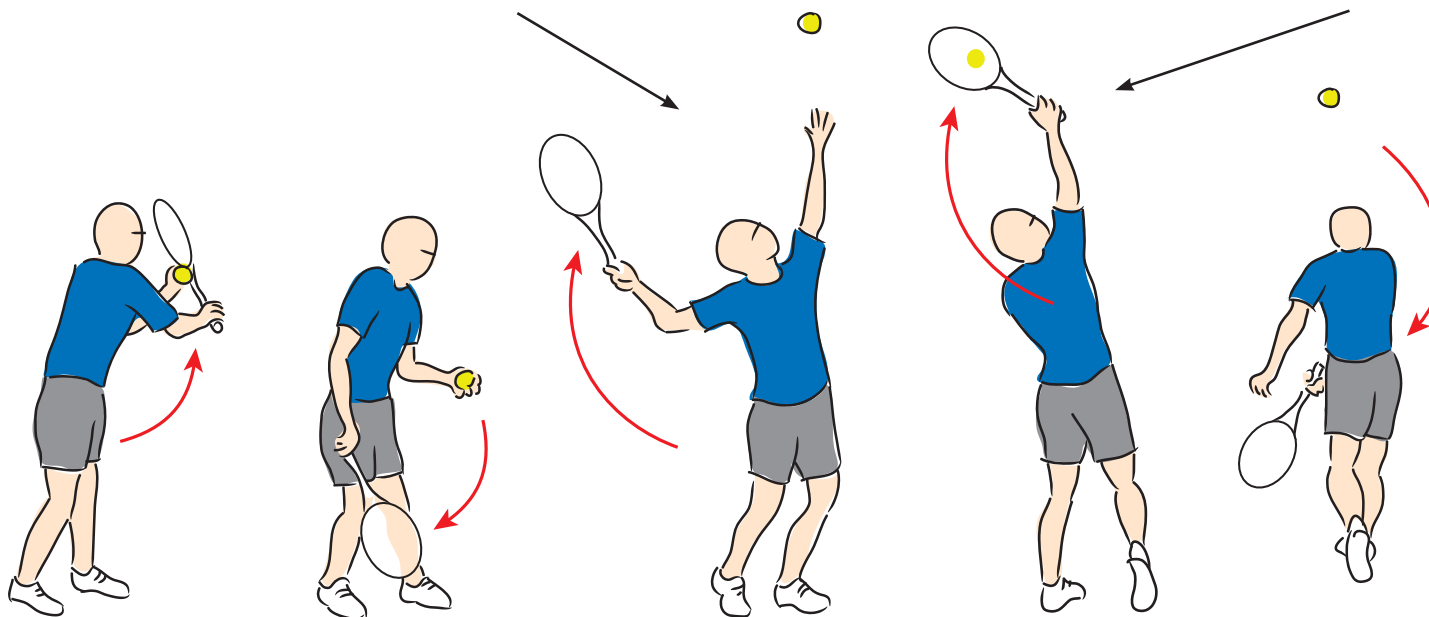
RESOURCE CARD: **TENNIS:** YEAR 6

RELATES TO: **WEEK 4**

MAIN LESSON: OVERARM SERVE

Throw the ball up straight and bring the racket head up behind the body.

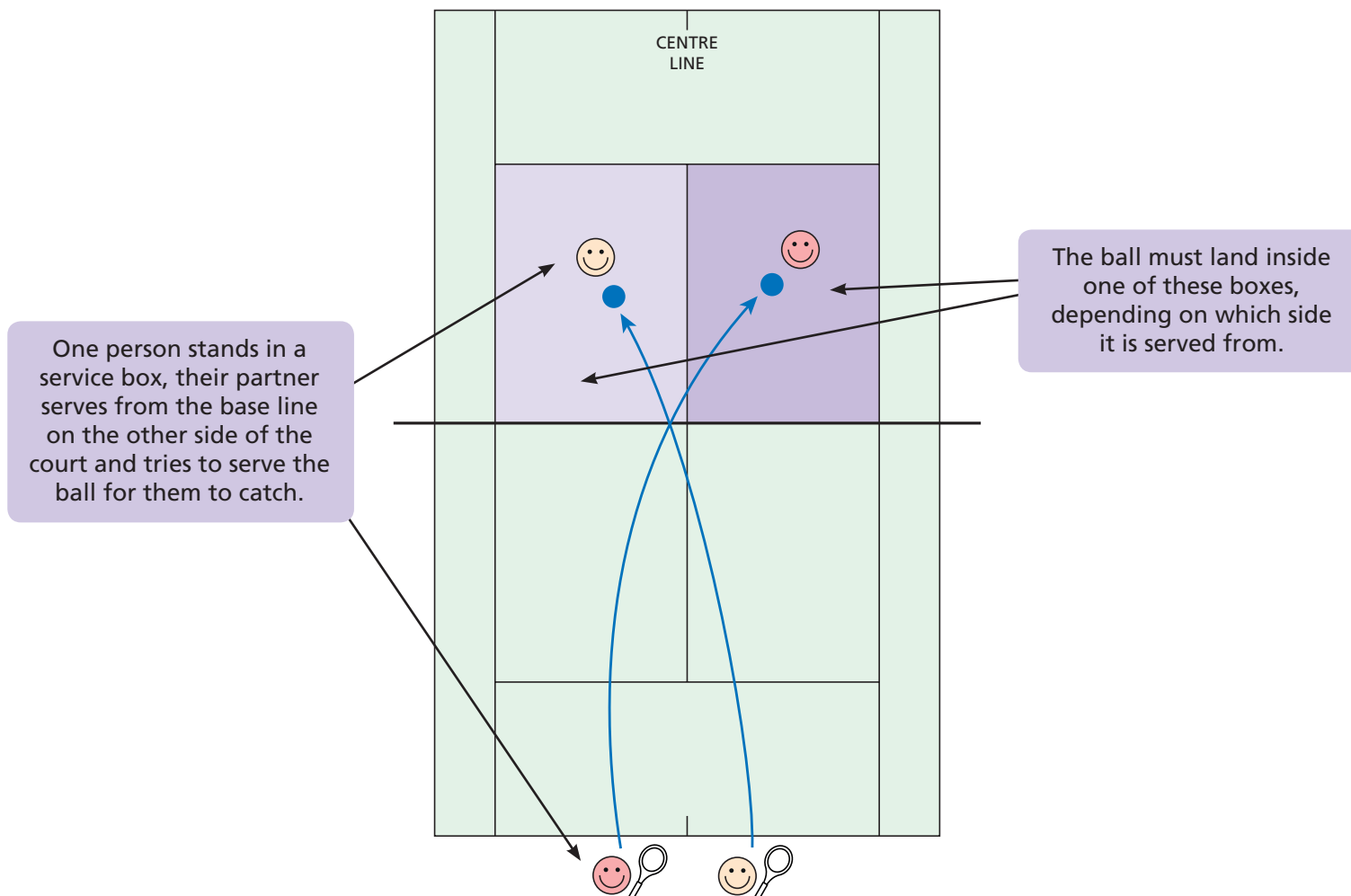
Strike the ball overhead, but slightly in front of the body.



RESOURCE CARD: **TENNIS:** YEAR 6

RELATES TO: **WEEK 5**

GAME / COMPETITION: **SERVING GAME**



RESOURCE CARD: **TENNIS:** YEAR 6

RELATES TO: **WEEK 6**

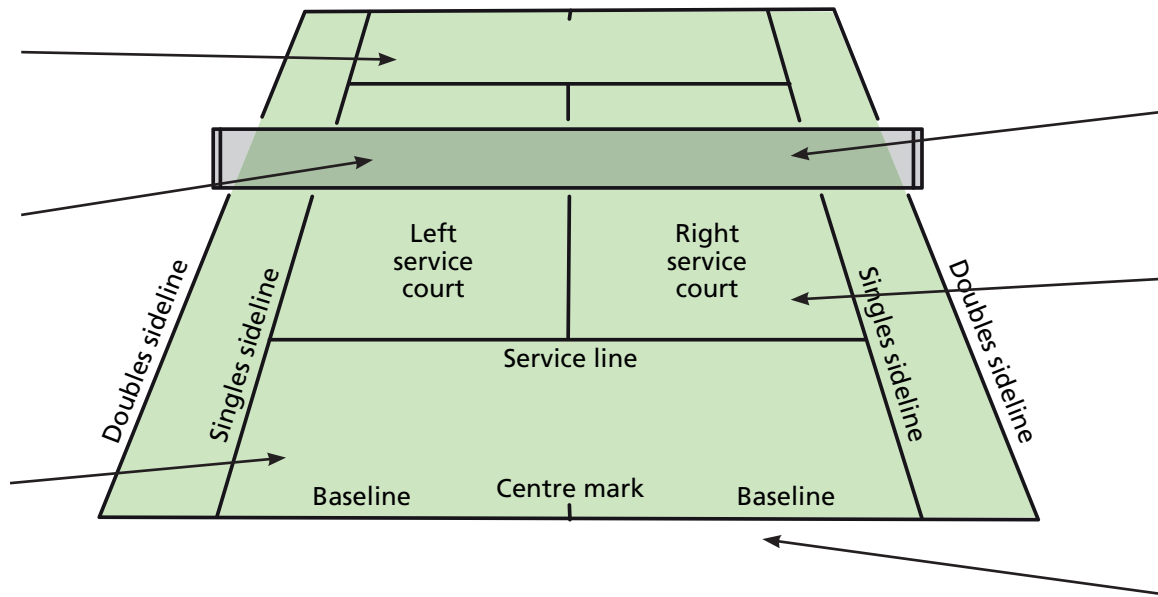
MAIN LESSON: COMPETITIVE TENNIS: HOW TO WIN POINTS

A tennis competitor wins a point if:

Their opponent is unable to return the ball before it bounces more than once.

Their opponent reaches over the net to play a shot.

Their opponent touches the ball with any part of their body. The ball can only make contact with the racket.



Their opponent returns the ball and it lands outside the single court lines.

Their opponent returns the ball into the net.

Their opponent strikes the ball more than once before playing the shot over the net.

Their opponent incorporates a double fault when attempting to serve the ball into the designated service court on the opponent's side of the court.