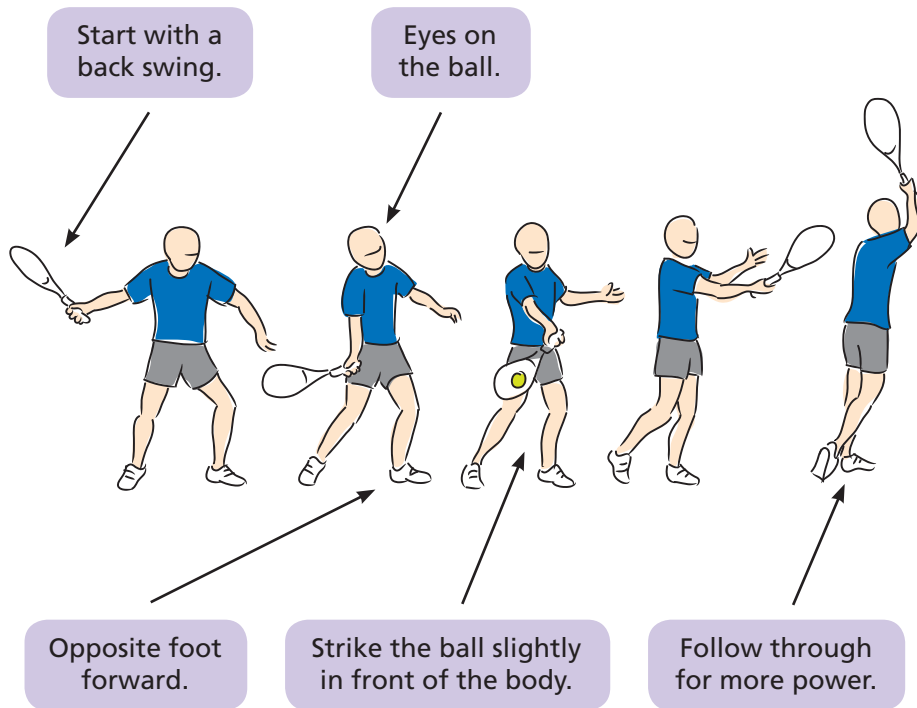


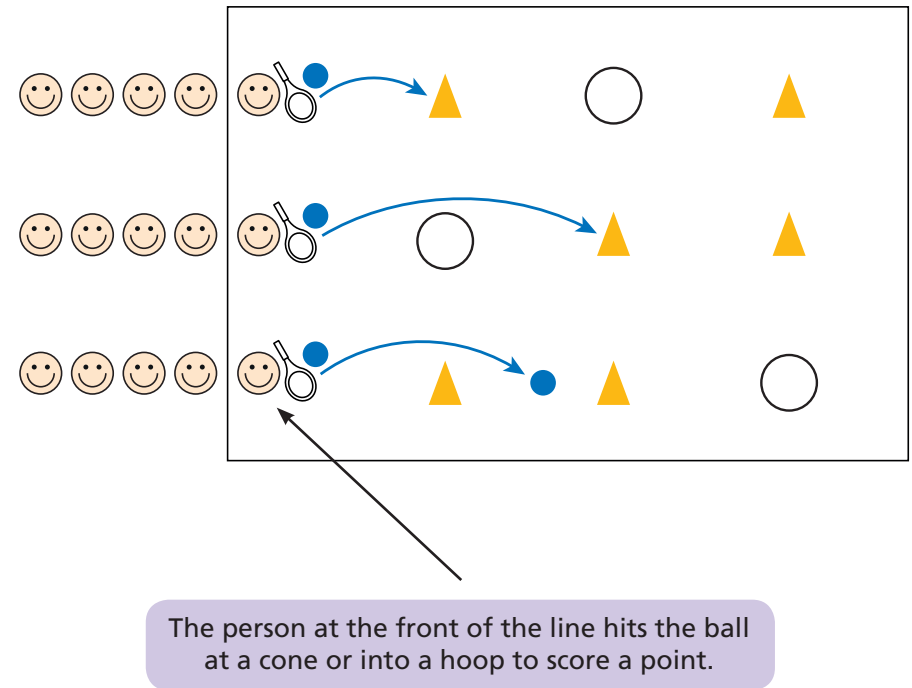
RESOURCE CARD: TENNIS: YEAR 4

RELATES TO: WEEK 1

MAIN LESSON: FOREHAND



GAME / COMPETITION: TARGET



KEY



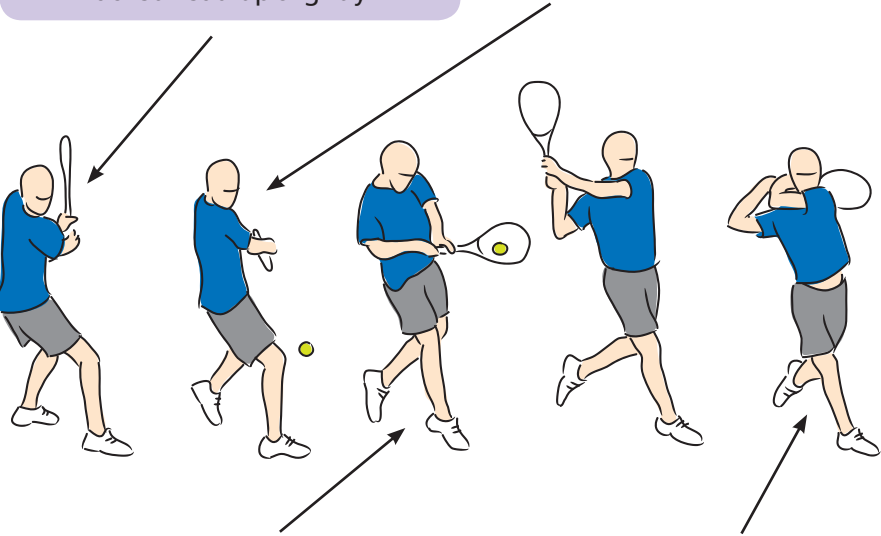
RESOURCE CARD: TENNIS: YEAR 4

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.

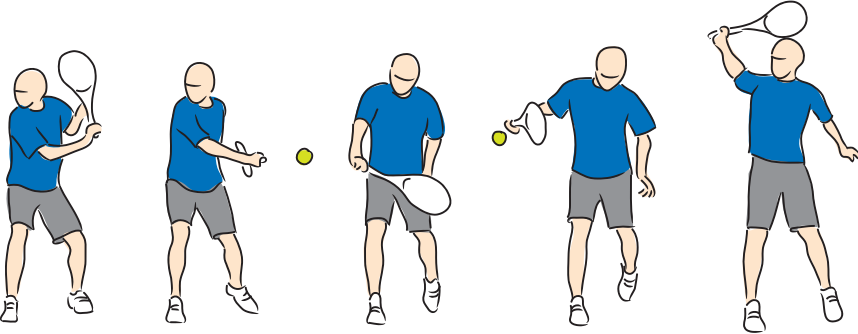
Transfer the weight from the back to the front leg.



Strike the ball slightly in front of the body.

Follow through for power and accuracy.

MAIN LESSON: ONE-HANDED BACKHAND

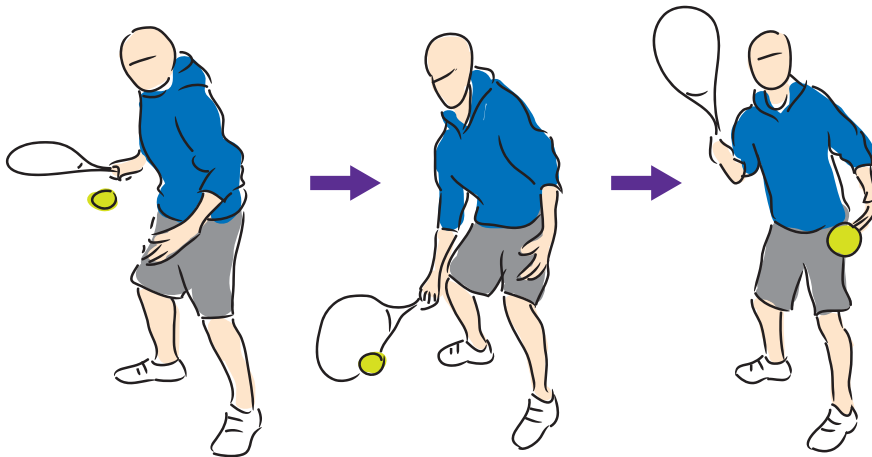


The backhand shot can also be taken one-handed.

RESOURCE CARD: TENNIS: YEAR 4

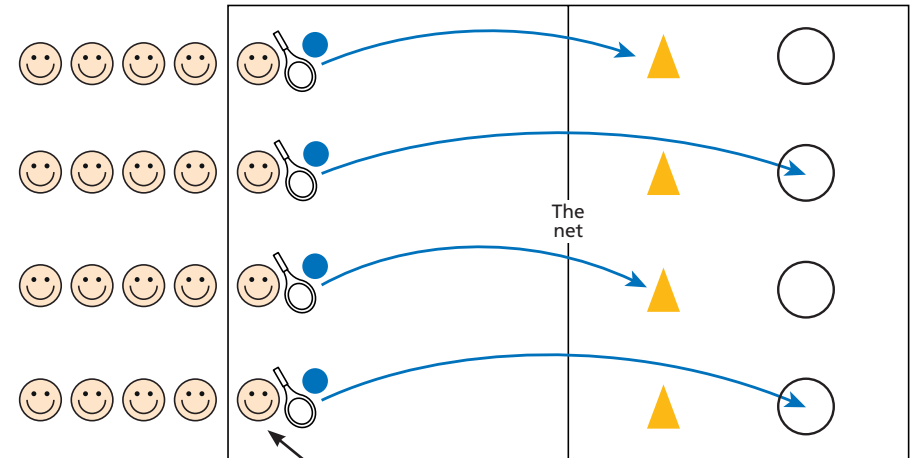
RELATES TO: WEEK 3

MAIN LESSON: UNDER ARM SERVE



Allow the ball to bounce and then strike it over the net into a service box.

GAME / COMPETITION: SERVING GAME



The person at the front of the line serves the ball at a cone or into a hoop to score a point.

KEY



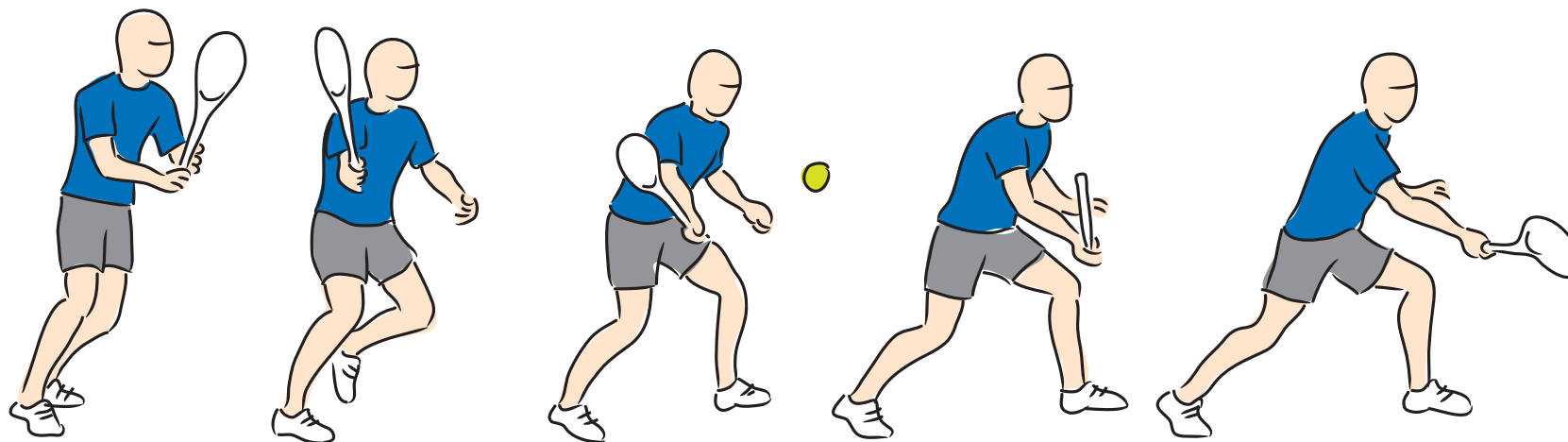
Where the ball moves to



RESOURCE CARD: **TENNIS:** YEAR 4

RELATES TO: **WEEK 4**

WARM UP: VOLLEY



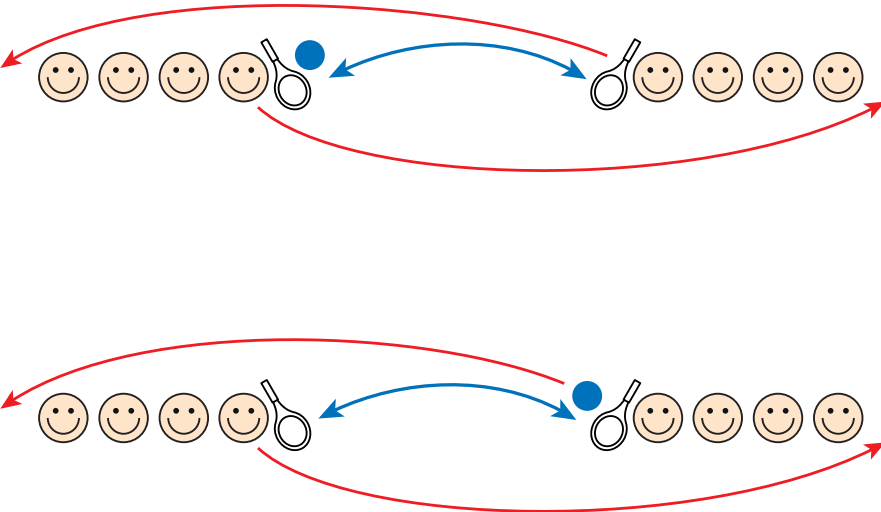
Volley the ball just in front of the body, pushing the ball forward over the net.

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

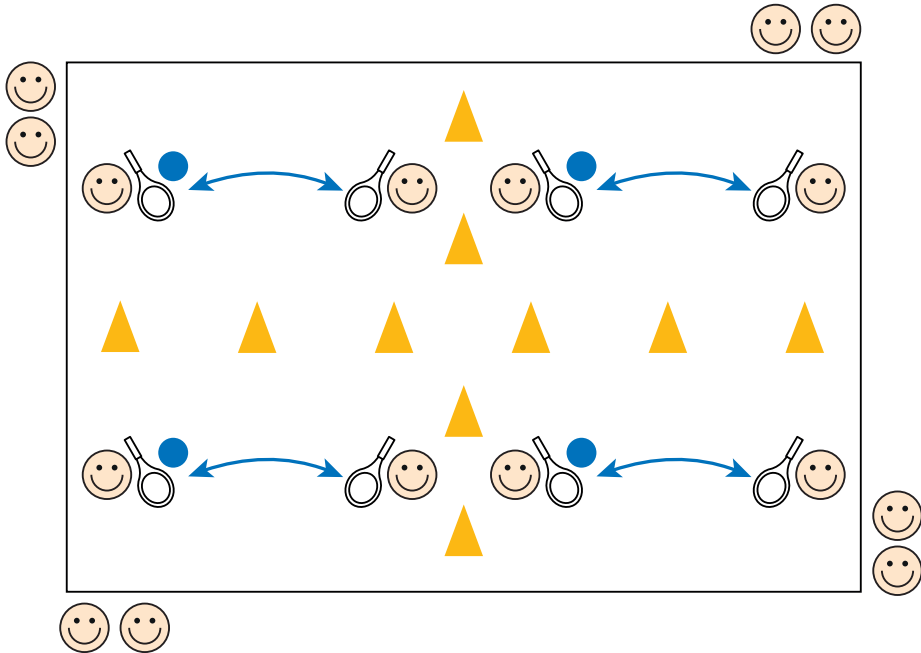
RESOURCE CARD: TENNIS: YEAR 4

RELATES TO: WEEK 5

MAIN LESSON: VOLLEY



GAME / COMPETITION: SERVE AND RALLY



KEY



Player



Racket



Ball



Cone



Where the ball moves to



Where the player moves to

RESOURCE CARD: **TENNIS:** YEAR 4

RELATES TO: **WEEK 6**

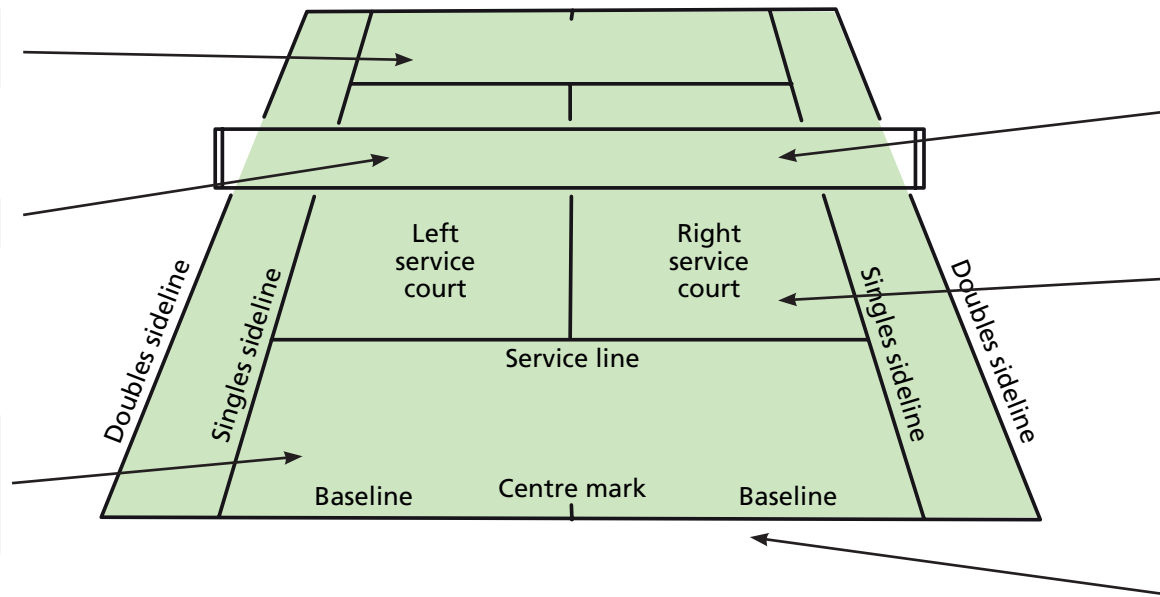
MAIN LESSON: COMPETITIVE TENNIS: HOW TO WIN POINTS

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.