



PE – Tennis – Year 5/6

Key Learning

1. To know how to use racket skills in different ways and link these together confidently and effectively.
2. To know a range of techniques to keep a rally alive.
3. To know how to serve effectively overarm by tossing the ball above the head.
4. To know how to score accurately in competitive games.
5. To know how to implement a range of tactics across a game.

Vocabulary

Racket	The piece of equipment used to hit the ball. It's made of a frame and strings and comes in different sizes to match your strength and skill.
Ball	A fuzzy, pressurized yellow ball made for bouncing and speed. Junior players often use softer balls to practice with better control.
Net	A mesh barrier stretched across the middle of the court. Your goal is to hit the ball over it and into your opponent's side without touching the net.
Serve	The starting shot of every point. You toss the ball up and hit it into the correct service box. It must land in that box to count.
Forehand	A stroke where you swing the racquet across your body with your palm facing the ball.
Backhand	A stroke made with the back of your hand facing the ball. It can be one-handed or two-handed.
Volley	A quick shot made near the net before the ball bounces. Great for finishing off a point fast!
Rally	A series of shots hit back and forth between players.
Point	A single score within a game. You win a point when your opponent can't return your shot or hits the ball out or into the net.
Game	A segment of scoring made up of points. You need to win at least 4 points (by 2) to win a game.
Match	A set is made up of games. Win enough sets (usually 2 or 3, depending on the level), and you win the match.



Key Athletes

Sir Andy Murray

Sir Andy Murray is a retired British tennis champion, three-time Grand Slam winner, and Olympic gold medallist.

Emma Raducanu

British tennis player who won became US Open Champion at the age of 18. She was the first qualifier in history to win it.



Backhand



Forehand



SCHOOL GAMES

