

Knowledge Organiser – PE – Tennis



Vocabulary

Backhand: a stroke in which the ball is struck on the opposite side of the body to the racquet hand

Drop Shot: a gentle shot that just lands just over the net

Forehand: a shot hit from the racket-arm side of the body

Grip: how to hold the racket in tennis that is hit in a high arc, usually over the opponent's head **Net:** the woven barrier dividing a court into

halves, over which the ball must be hit

Racket: a stringed 'bat' that players hold and

use to hit the ball

Rally: a long series of shots

Return: to hit a shot back to the opponent

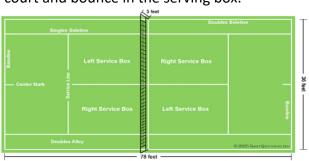
Umpire: the official who is in overall charge of a

match

Volley: a shot on which the ball is hit before it

bounces

Serve: the shot that begins each point, in which the server hits the ball after tossing it into the air. The serve must go diagonally across the court and bounce in the serving box.



Skills **Forehand**

A shot hit from the racket-arm side of the body. Usually played as a one-handed shot. Hit the ball side on, creating a 'star' shape with your body and swinging with a low to high swing path.



Roger Federer

Federer is the most successful men's player of all time holding



many records, having won 20 Grand Slam titles (he reached 10 finals in a row), 6 ATP Finals, 103 career titles and has spent a record 310 weeks (237 consecutive) as World Number 1!

Professional Tennis

Backhand

A stroke in which the ball is struck on the opposite side of the body to the racquet hand. A backhand shot is now more commonly hit with a two-handed grip, however some players



(Federer) will use a onehanded grip. Use the same technique as the forehand just from the other side of your body.

Serena Williams

Williams is the most successful women's player of all time and has won the most **Grand Slam titles**



with 39: Singles 23, Doubles 14, Mixed 2. She is also the most decorated player (along with her sister Venus) in Olympic history with 4 **Gold Medals**

Scoring

In scoring, a game is won by winning points, a set is won by winning games, and a match is won by winning sets

Point	
0	Love
1	15
2	30
3	40
4	Game
40-40	Deuce

Game: A sequence of points with the same player serving. To win a game a player must win at least 4 points but at this point have 2 more points than the opponent.

Set: A player must win at least six games to win a set.

Match: Usually a best of 3 sets win a match. In Grand Slams, men play best of 5 sets, all other formats are best of 3.

Ready Position

Allows a player to be alert, making sure they are on their toes as it enables them to react to where their opponent hits the ball. After a shot is played, returning to the centre of the court is important.





Major Championships: **Grand Slams** The majors are played anually in



Mens + Womens (singles and doubles), and Mixed Doubles.

Australian Open French Open Wimbledon US Open



