

What is Tennis?

Tennis is a racket sport that is played either individually against a single opponent or between two teams of two players each. Each player uses a tennis racket to strike a rubber ball covered with felt over or around a net and into the opponent's court

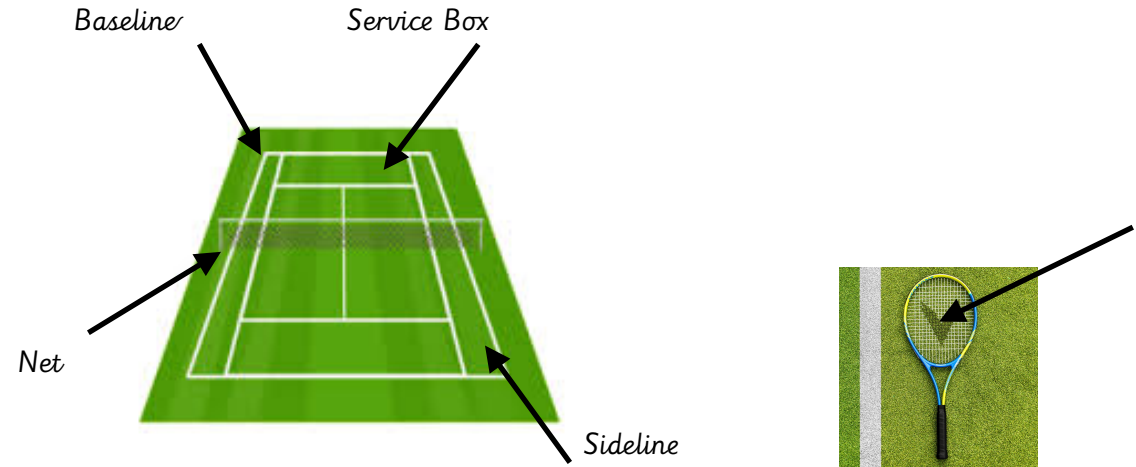
Key knowledge I need to develop my skills

I know to try and get back to the centre of the court after each shot.

I know to hit the ball with a full backswing.

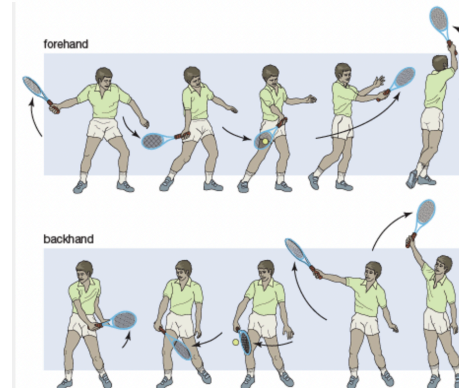
Key vocabulary

Net	In the middle of a tennis/badminton court is a net that you must hit the ball over. A badminton net is raised off the floor.
Tennis Racket	What we use to play tennis with. The tennis racket allows you to hit the ball, if you use the centre of your racket.
Underarm shot	A shot you make using your racket when it is below your hip and make contact with the ball.
Overhead shot	A shot you make using your racket when it is above your head and make contact with the ball
Singles match	A singles match is when one person plays against another person.
Rally	A rally in tennis is a collective name given to a sequence of back and forth shots between players, within a point.



Tennis Court

Correct Contact Point



Stroke Technique