

**Topic: PE – Tennis****Year: 8****NC Strand: analysing performance' and 'competitive sports.'****What should I already know?**

What I should already know.

I should know how to conduct a forehand and backhand stroke. Demonstrating correct grip and demonstrating correct stroke choice during game play situations.

I should be able to successfully demonstrate a volley or net shot.

I should know the basic technique on how to serve over the net, more experienced pupils will be able to demonstrate a serve in the correct service boxes.

I will be able to conduct a rally sequence with a partner showing both correct forehand and backhand techniques.

I will know the rules and scoring system of tennis.

I will be able to play a competitive singles and double game.

I will be able to demonstrate good co-ordination of foot work and hand co-ordination when playing a shot/stroke.

**What will I know by the end of the unit?**

By the end of this unit, pupils should know:

I should know and be able to carry out all main strokes (forehand, backhand, volley, drop shot, passing shot etc) successfully in practice and in game play situations.

I should be able to demonstrate a successful serve over the net and into the correct service box.

I will be able to officiate my own game or be able to officiate my peers' games.

I will know all the governing body rules for tennis.



Topic: PE – Tennis

Year: 8

NC Strand: analysing  
'performance' and 'competitive  
sports.'

I will be able to demonstrate correct stroke choice in a game play situation.

### Vocabulary

<b>Backhand</b>	a way to swing the tennis racquet where the player hits the ball with a swing that comes across the body.
<b>Crosscourt</b>	hitting the tennis ball diagonally into the opponent's court
<b>Double Fault</b>	two missed serves in a row. The server will lose the point.
<b>Drop shot</b>	a strategy where the tennis player hits the ball just go over the net. It is used when the opponent is far from the net.
<b>Drop volley</b>	a drop shot from a volley
<b>Foot fault</b>	when the server steps over the baseline while making a serve.
<b>Forehand</b>	a tennis swing where the player hits the tennis ball from behind their body. Often the forehand is the players best stroke.
<b>Groundstroke</b>	a forehand or backhand shot made after the tennis ball bounces once on the court
<b>Rally</b>	when players hit the ball back and forth to each other while the ball is landing in play.
<b>Volley</b>	a shot where the ball is hit by the player's racquet before the ball hits the ground.

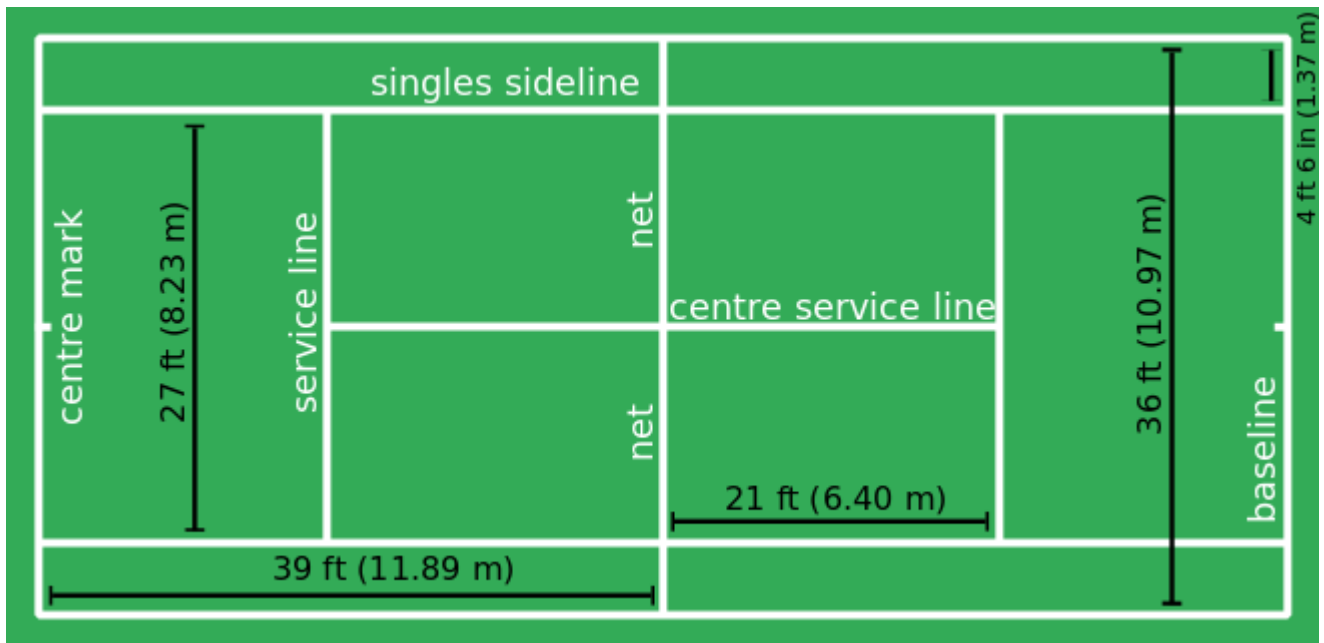


Topic: PE – Tennis

Year: 8

NC Strand: analysing performance' and 'competitive sports.'

Dimensions of a tennis court





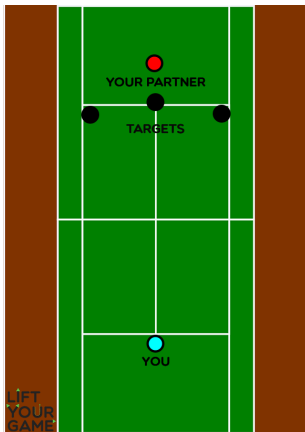
Topic: PE – Tennis

Year: 8

NC Strand: analysing performance' and 'competitive sports.'

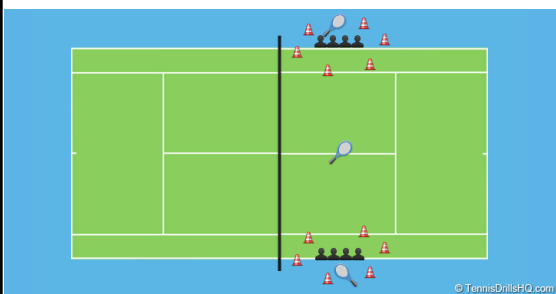
Singles lines compared to doubles lines.

Teacher Led drills



Target practice:

Hitting the ball towards your partner so your partner can catch the ball with hardly any movement left or right. Differentiation: Add the net as an extra difficulty level as well as move your partner to different areas of the court.



Rob the Nest.

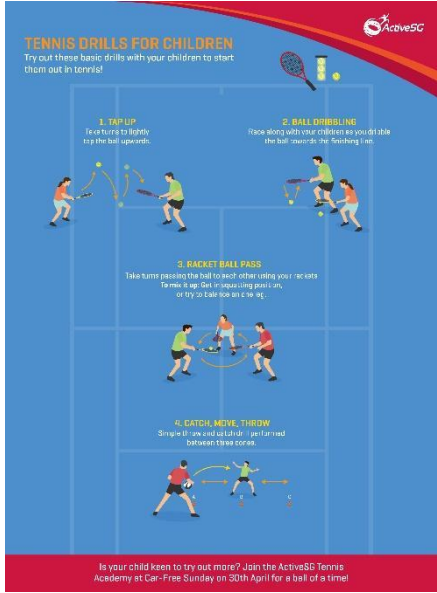
- 1. the coach places a hoop with 40 red balls on the service box.
- 2. Player place their racquet on the ground (evenly spaced) and approximately 3 metres from the nest of balls.
- 3. On GO the player run to the hoop, squat down low to retrieve a ball then return to their racquet where they place the balls.
- 4. Continue until all the balls are gone from hoop in the middle. The player who has gathered the most number of red balls on their racquet is the winner



Topic: PE – Tennis

Year: 8

NC Strand: analysing performance' and 'competitive sports.'



**TENNIS DRILLS FOR CHILDREN**  
Try out these basic drills with your children to start them out in tennis!

**1. TAP UP**  
Use hands to lightly tap the ball upwards.

**2. BALL DRIBBLING**  
Trace along with your children as you dribble the ball around the finishing line.

**3. RACKET BALL PASS**  
Take turns passing the ball to each other using your rackets. Tennis is up! Get in your long position, or try on knees on a line up.

**4. CATCH, MOVE, THROW**  
Simple if you catch it! performed between three cones.

Is your child keen to try out more? Join the ActiveSG Tennis Academy at Car-Free Sunday on 30th April for a ball of a time!

Basic teacher drills to improve hand – eye co-ordination.  
Pupils can do these drills on their own or in pairs/groups.  
Keep up – being able to control a tennis ball on a racket without it falling off the racket.  
Ball dribbling – being able to control the ball like a basketball dribble but instead of using your hand, you are using your racket.  
Short rally – Being able to pass the ball from partner to partner in a limited space setting.