

KS3 PE KNOWLEDGE ORGANISER – TENNIS

Ground strokes		Volleys		Serving	
<ol style="list-style-type: none"> 1. Push (forehand and backhand) 2. Slice (forehand and backhand) 3. Chop (forehand and backhand) 4. Block (forehand) 5. Lob (forehand) 		<ol style="list-style-type: none"> 1. Hit (forehand and backhand) 2. Flick (forehand and backhand) 3. Smash (forehand and backhand) 4. Counter hit (forehand) 5. Loop (forehand) 		<ol style="list-style-type: none"> i. Overarm ii. Slice iii. Second serve iv. Top spin 	
<p>FOREHAND</p> <p>BACKHAND</p>				<p>1 2 3 4</p>	
Return of serve					
Forehand			Backhand		
Court positioning					
<ol style="list-style-type: none"> i. Footwork ii. Speed 		<ol style="list-style-type: none"> iii. Mobility iv. Court positioning 			
Decision making and tactical awareness, to include					
<ol style="list-style-type: none"> 1. Selection of appropriate shot 2. Applying tactics in different competitive situations 3. Awareness of the rules and regulations of the sport and their application 			<ol style="list-style-type: none"> 4. Awareness of strengths/weaknesses and actions of other players e.g. fitness 5. Principals of attack and defence 6. Applying other ploys/tactics to outwit opponent e.g. serve, second serve and volley, disguising your shot 		

Key Events

- 1 Ball Release
- 2 Trophy Position
- 3 Racquet Low Point
- 4 Impact

Phases

- 1-2 Preparation
- 2-3 Propulsion
- 3-4 Forwardswing