



PE - Knowledge Organiser

Autumn One – 2024 – 2025 - Year 3 – Tennis



Knowledge Organiser Tennis Year 3

About this Unit

Tennis is a net and wall game. It is played over a net with a racket and ball and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.

The most famous tennis competition in the UK and also the oldest tennis competition in the world is Wimbledon which is played on grass and takes place in July each year. The best tennis players from around the world come to take part. Have you seen this competition?



Can you think of any other net and wall games that share these principles?

Net and Wall Games Key Principles

attacking	defending
score points	limit points
create space	deny space
placement of an object	consistently return an object

Powerful Knowledge

- backhand:** played on the non-dominant side of the body
- competition:** a match
- control:** being able to perform a skill with good technique
- court:** the space used to play the game
- face:** the strings of the racket
- feeder:** someone who throws or hits the ball to you
- forehand:** played on the dominant side of the body
- opponent:** someone not on your team
- opposition:** the other team
- rally:** when a point is played back and forth
- react:** to respond to quickly
- return:** hitting the ball back
- tactics:** a plan that helps you to attack or defend
- track:** to move your body to get in line with a ball that is coming towards you

Ladder Knowledge



- Shots:** Point the racket face where you want the ball to go and turn your body to help you to hit accurately.
- Rallying:** Hit towards your partner to help them to return the ball easier and keep the rally going.
- Footwork:** Move to the middle of the court to cover the most space.
- Tactics:** Know that using simple tactics will help to achieve an outcome e.g. if we spread out, we can cover more space.
- Rules:** Know the rules of the game and begin to apply them.

Movement Skills

- throw
- catch
- forehand
- backhand
- rallying

This unit will also help you to develop other important skills.

- Social:** co-operation, collaboration, respect, support and encourage others
- Emotional:** honesty, perseverance
- Thinking:** comprehension, decision making, select and apply, understand rules, use tactics, reflection

Rules

- Win a point if:**
- Opponent hits the ball in the net
 - Opponent hits the ball out of the court area
 - Opponent misses the ball or it bounces twice

Tactics

- **Attacking:** Look at where your opponent is and try to place the ball away from them.
- **Defending:** Move quickly to a ready position in the centre of the space. Cover the space between you when playing with someone else.



Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Stay a safe distance from one another when using the racket.



If you enjoy this unit why not see if there is a tennis club in your local area.

How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Knee Boxing

What you need: 2 markers and 2 or more players.

How to play:

- Place markers 5m away from each other.
- Players begin facing each other, one at each marker.
- One player says 'go', at which point both players move towards each other.
- Players score one point every time they touch their partners' knees.
- When a point is scored, both players run around their start marker and back to meet their opponent.
- First to 5 points wins the game.



Tip tip: use a ready position, bend your knees and keep your feet shoulder width apart.

Head to our youtube channel to watch the skills videos for this unit. @getset4education156