



## Prior Learning and Learning Links

Bat and Ball skills in year 1 and year 2

## Sporting Hero

**Sir Andrew Murray OBE** (born on 15<sup>th</sup> May 1987) is a British Professional tennis player from Scotland. Murray represents Great Britain in sporting activities and is a three-time Grand Slam tournament winner, two-time Olympic champion, Davis Cup champion and a former world number 1.



## Key Vocabulary

**Court:** a rectangular marked area in which a game of tennis is played

**Stroke technique:** the type of shot used to hit the ball including the forehand and backhand.

**Forehand:** a stroke played when the ball is on your strong side.

**Backhand:** a stroke played when the ball is on your weaker side.

**Serve:** throwing or hitting the ball to your partner to start a point

**Return:** when the receiver strokes the ball back to the server.

**intent | tactics | opponent | collaborate | prevent | continuous | vary target | zone**

## Key Knowledge

The ball can only bounce once before it is returned.

When serving or returning the ball, it has to go over the net and bounce in the court.

If my serve or return hits the net or bounces out of the court, the opponent scores a point.

It is important to return the centre of the court after playing a shot so that I'm ready to play my next stroke.

It is important to point the head of the racket in the direction I want the ball to go

## Key Skills

### Year 3

To throw the ball into open spaces in order to score points.

Quickly return to centre court after throwing the tennis ball into a space in my opponents half of the court.

To grip the racket correctly.

Balance the tennis ball on the racket.

Begin to return the ball using a forehand.

### Year 4

Feed the ball to partners allowing for success.

Direct the ball into space using a forehand.

Return the ball using a backhand.

Apply forehands and backhands depending on which side of my body the ball has been fed.

Accurately keep score by applying the rules effectively.



I should position my body like this before playing a shot. It is called the **ready position**.