



What should I already know?

- Perform underarm, forehand and backhand shots.
- Demonstrate the ready position.
- Show that a point is won when a player misses the ball, the ball hits the net or the ball bounces twice.

Strap line

In PE we know how to lead healthy active lives through competitive sports. We always display sportsmanship and celebrate our success.

Technical vocabulary

Forehand	A stroke where the player hits the ball with their palm facing forward.
Backhand	A stroke where the player hits the ball with a swing that comes across their body.
Ace	A serve that is a winner without the receiving player able to return the ball.
Baseline	The line indicating the back of the court.
Face	The top part of the racket that has strings and is meant to hit the ball.

Key learning 1: Forehand Groundstroke

- Start in the ready position, with feet apart, knees bent and eyes on the ball.
- Move from the ready position to slightly sideways on to the feeder. Swing the racket from low with one hand over to the other shoulder high.
- Make contact with the ball as your racket face points towards your partner, turning the strings to face downwards to help the ball to spin.

Key learning 2: Backhand Groundstroke

- From the ready position, grip the racket with two hands, placing the dominant hand at the bottom of the racket and the non dominant hand above.
- Turn sideways to the ball and move the racket backwards. The racket is swung forwards from a low position to finish high with both arms over the opposite shoulder.
- Hit the ball with the racket face facing your partner, and brush your racket over the top of the ball so that the strings face downwards to the floor.

Key learning 4: Underarm serve

- Throw the ball upwards to head height with a straight arm.
- Hit the ball with the racket underarm so that the ball goes over the net and into the court area. Hit using the center of the face of the racket.
- Do not allow the ball to bounce before hitting it.
- Don't hit the ball too hard as it needs to bounce before the base station.

Key learning 3: Volley and when to use it

- Start in the ready position with the racket in front of you.
- Hold the racket in one hand at the bottom of the handle.
- Hit the ball in front of your body with a punchy action, try not to use a big swing.
- The ball is hit downwards over the net.
- A volley can be used as an attacking shot where you try to return the ball quickly so that your opponent has little time to react and return the ball.

Key learning 5: Scoring system

- The first point won is '15,' the second point won is '30,' the third point won is '40,' and then 'game.' E.g. if the server has won three points and the non-server has won one point, the score is 40-15.
- If both players have won the same amount of points the score is called '15-all,' '30-all,' however, if the score is 40-all it is referred to as 'deuce.'
- To win the game when the score is at deuce, one player must get two points in a row to win the game.
- The player who wins the point after deuce then has 'advantage.' If they win the next point, they win the game. However, if they lose the next point, the score goes back to deuce.