

Tennis Skills Knowledge Organiser - Year 3

Prior Learning: In year 3 children continued to develop their throwing and catching skills. They recapped target games to develop hand eye co-ordination. They also recapped some small sided throwing and catching games. They recapped how to hold a racket and balance a ball while standing and moving. They recapped how to move a ball along the floor in a forehand and backhand position. They continued to practice the ready position 'grizzly bear'.

Physical Me

Throw - Underarm

Catch - Bounce catch
- Bounce catch

Running- with a racket in their hand

Co-ordination -hand-eye

Balance- Moving with ball on racket

Key Skills

Power - Underarm

Speed - Underarm

Flexibility - Underarm

Agility - Underarm

Thinking Me

- Recalling information
- Decision making

Value Me:

- Respect
- Self control

Social Me

- Encourage others
- Communication

Key Vocabulary

Rules

Focus

Ready Stance

Control

Balance

Forehand

Backhand

Points

Rally

Key Knowledge

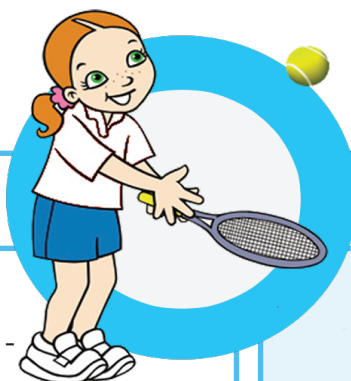
Control- How hard or how soft you hit the ball -
Keeping the ball under control!

Ready Stance- Knees bent, feet hip width apart, on your toes, hands out in front of you.

Forehand- Hold the racket, fingers face forward

Backhand- Hold the racket, back on hand face forward.

Rally- Hitting the ball back and forth to your partner.



Inspirational Athletes

Virginia Wade

Virginia Wade - won 3 major tennis titles and 4 major doubles titles, the only British female to have won titles at all 4 majors

She won Wimbledon in 1977

She was ranked as high as number 2 in singles and number 1 in doubles

