

Knowledge Organiser Physical Education Year 5 Spring

Develop a full range of strokes - Tennis



St Elizabeth's Catholic Primary School
"Love one another as I have loved you"

Prior knowledge

- Where the ball arrives on the wrong side of the body to play a backhand
- Play a two-handed backhand
- Play a rally with a friend
- Develop an understanding of matchplay - hitting the ball into alternate corners
- Develop the forehand swing to create top spin
- Use a proper serve to start the game, using the 'Chop, back and whack' methodology

Physical skills developed in this topic

- Volley
- Baseline top spin
- Serve with consistent throw

Knowledge and skills covered in this topic

- Play forehand with topspin from the baseline
- Return the ball from an opponent's shot using a forehand groundstroke
- Develop the volley and understand when to use
- Volley at the net
- Develop returning the ball using a backhand groundstroke
- Work cooperatively with a partner to keep a continuous rally
- Develop the underarm serve and understand the rules of serving
- Understand that a consistent throw is key to a good serve

Key words

Top Spin: Brushing up the back of the ball to cause the ball to spin; the ball bends in the air over the net and on bouncing accelerates, making it harder to return

Serve: The way to start a match and each point, throwing the ball up in the air and hitting from above your head

Forehand: A stroke to hit the ball over the net where the hand travels forwards from behind your body towards your opponent

Rally: When the ball is hit to an opponent and back many times

Score: A ball that lands in the opponent's court and isn't returned properly, earns a point to the successful hitter

Volley: Returning the ball over the net without it bouncing



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