

Tennis Skills Knowledge Organiser - Year 1

Prior Learning: In Early years, children began to develop fundamentals of movement e.g. walking, running, jumping, hopping, skipping. They began to throw and catch a tennis ball and were also introduced to balancing a ball on a racket

Key Skills

Physical Me

Throw - Underarm

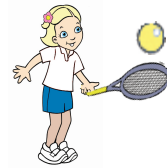
Catch - Bounce, catch
throw and catch

Walk/Run - In different directions
- with a racket in their hand

Co-ordination -Hand-eye

Balance- Moving with ball on racket

Strength- Holding racket



Thinking Me

- To improve my
performance

Value Me:

- Determination
Try, try, try again!

Social Me

- Take it in turns

Tennis fun facts!

Before tennis players used rackets, people would use the palm of their hands to hit the ball back and forth over the net!

Wimbledon is the oldest tennis tournament in the world!

Tennis is a British invention!

Key Vocabulary

Throw

Catch

Run

Ready

Racket

Underarm

Bounce

Balance

Cradle

Key Knowledge

Catch - Watch the ball, make a basket with your hands when you catch and cradle the ball

Underarm throw- Opposite arm and opposite leg, point to where you want the ball to go to

Grizzly Bear- Bend knees, stand in the ready position.

Forehand- Hold the racket, fingers and palm of hand face forward

Backhand- Hold the racket, back of hand faces forward.

Inspirational Athletes

Serena and Venus Williams

The Williams sisters - both players have won 4 gold medals at the olympics - 3 in doubles together and 1 each in singles

Serena has 73 career titles and Venus has 49



Serena has won Wimbledon 7 times

Venus has won Wimbledon 5 times