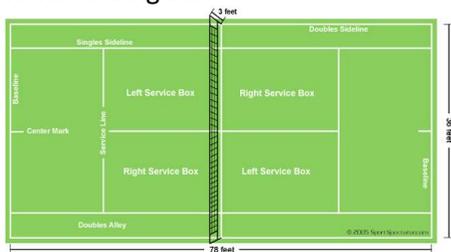


# PE Knowledge organiser - Tennis

## Vocabulary

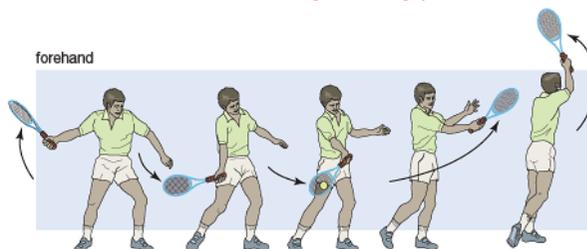
**Backhand:** a stroke in which the ball is struck on the opposite side of the body to the racquet hand  
**Drop Shot:** a gentle shot that just lands just over the net  
**Forehand:** a shot hit from the racket-arm side of the body  
**Grip:** how to hold the racket in tennis that is hit in a high arc, usually over the opponent's head  
**Net:** the woven barrier dividing a court into halves, over which the ball must be hit  
**Racket:** a stringed 'bat' that players hold and use to hit the ball  
**Rally:** a long series of shots  
**Return:** to hit a shot back to the opponent  
**Umpire:** the official who is in overall charge of a match  
**Volley:** a shot on which the ball is hit before it bounces  
**Serve:** the shot that begins each point, in which the server hits the ball after tossing it into the air. The serve must go diagonally across the court and bounce in the serving box



## Skills

### Forehand

A shot hit from **the racket-arm side of the body**. Usually played as a one-handed shot. Hit the ball side on, creating a **'star' shape** with your body and swinging with a **low to high swing path**.



### Backhand

A stroke in which the ball is struck on **the opposite side of the body to the racquet hand**. A backhand shot is now more commonly hit with a two-handed grip, however some players (Federer) will use a onehanded grip. Use the same technique as the forehand just from the other side of your body.



### Scoring

A game is won by winning points, a set is won by winning games, and a match is won by winning sets

Point	
0	Love
1	15
2	30
3	40
4	Game
40-40	Deuce

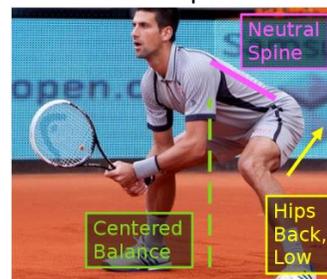
**Game:** A sequence of points with the same player serving. To win a game a player must win at least 4 points but at this point have 2 more points than the opponent.

**Set:** A player must win at least six games to win a set.

**Match:** Usually a best of 3 sets win a match. In Grand Slams, men play best of 5 sets, all other formats are best of 3

### Ready Position

Allows a player to be alert, making sure they **are on their toes** as it enables them to react to where their opponent hits the ball. After a shot is played, **returning to the centre of the court** is important.



## Professional Tennis

### Roger Federer

Federer is the most successful men's player of all time holding many records, having won 20 Grand Slam titles (he reached 10 finals in a row), 6 ATP Finals, 103 career titles and has spent a record 310 weeks (237 consecutive) as World Number 1!



### Serena Williams

Williams is the most successful women's player of all time and has won the most Grand Slam titles with 39: Singles 23, Doubles 14, Mixed 2. She is also the most decorated player (along with her sister Venus) in Olympic history with 4 Gold Medals.



**Major Championships: Grand Slams**



The majors are played annually in Men's and Women's (singles and doubles), and Mixed Doubles.

**Australian Open  
French Open  
Wimbledon  
US Open**

