

## Knowledge Organiser: PE Year 8 Tennis

### Skills / Key Terms

Key Words	Description	Coaching Points
Volley	A shot played either on the forehand or backhand whilst at the net before the ball bounces.	Racket is held up, step across the body so the body gets turned to the side. Punching action to make a winning volley or soft volley to place it away from opponent.
Doubles positioning	Where the players should stand to receive during doubles play	See diagram below
Deuce	When the score is 40-40	

### Volley



### Rules

Infringement	Description
Faults	If a player touches the net with any part of their body or racket then it is deemed as a fault and their opponent receives the point.
Serving	A serve can be hit underarm or overarm.

### Effects of exercise

Short term
Increased blood flow to muscles
Blood is diverted to muscles from digestive and other systems
Increased tidal volume (amount of air breathed in or out 1 one breath)

Long term
Muscles, tendons and ligaments get stronger
Lower resting heart rate and quicker recovery rate
Increased vital capacity (amount of air that can be forcibly expelled as soon as possible after breathing in)

### Components of fitness

Component of fitness	Definition	Example of use in the game
Agility	Ability to change direction quickly	To move around court to successfully position themselves to re-
Coordination	The ability to use two or more body parts of the body together smoothly and efficiently.	Players will use their feet to move into position to return the ball whilst using eyes to sight the ball and shoulder / arm to swing racket and make good contact with ball.

### Doubles positioning

