

Knowledge Organiser: PE Year 9 Tennis

Skills / Key Terms

Key Words	Description	Coaching Points
Backhand slice	A shot played on the backhand from the baseline	Racket is held up, step across the body so the body gets turned to the side. High to low and cut under the ball to create backspin/slice
Top spin	Forehand and backhand topspin are used to make the ball spin off quicker and outwit the opponent.	Racket brought from low to high and is brushed over the ball in order to make it spin.
Advantage	Part of scoring after deuce is reached at 40-40	

Forehand topspin



Effects of exercise

Short term	Long term
<p>Rise in muscle temperature</p> <p>Blood temperature rises</p> <p>The blood vessels near the skin open to allow heat to be lost</p>	<p>Muscles get bigger (Hypertrophy)</p> <p>Increased number of capillaries in muscles</p> <p>Increased oxygen delivered to and carbon dioxide removed from the body</p>

Components of fitness

Component of fitness	Definition	Example of use in the game
Reaction Time	How fast a person can respond to a stimuli.	Players will need good reactions to respond to any shot to successfully return it.
Speed	Is the maximum rate at which an individual is able to perform a movement or cover a distance in a period of time.	Speed is needed to quickly move around the court and return the ball.

Backhand slice

