

# KS3 PE KNOWLEDGE ORGANISER – TENNIS

Ground strokes		Volleys		Serving	
<ol style="list-style-type: none"> <li>1. Push (forehand and backhand)</li> <li>2. Slice (forehand and backhand)</li> <li>3. Chop (forehand and backhand)</li> <li>4. Block (forehand)</li> <li>5. Lob (forehand)</li> </ol>		<ol style="list-style-type: none"> <li>1. Hit (forehand and backhand)</li> <li>2. Flick (forehand and backhand)</li> <li>3. Smash (forehand and backhand)</li> <li>4. Counter hit (forehand)</li> <li>5. Loop (forehand)</li> </ol>		<ol style="list-style-type: none"> <li>i. Overarm</li> <li>ii. Slice</li> <li>iii. Second serve</li> <li>iv. Top spin</li> </ol>	
<p><b>FOREHAND</b></p> <p><b>BACKHAND</b></p>				<p><b>1</b>      <b>2</b>      <b>3</b>      <b>4</b></p> <p><b>Key Events</b></p> <ol style="list-style-type: none"> <li>1 Ball Release</li> <li>2 Trophy Position</li> <li>3 Racquet Low Point</li> <li>4 Impact</li> </ol> <p><b>Phases</b></p> <ol style="list-style-type: none"> <li>1-2 Preparation</li> <li>2-3 Propulsion</li> <li>3-4 Forwardswing</li> </ol>	
Return of serve					
Forehand		Backhand			
Court positioning					
<ol style="list-style-type: none"> <li>i. Footwork</li> <li>ii. Speed</li> </ol>		<ol style="list-style-type: none"> <li>iii. Mobility</li> <li>iv. Court positioning</li> </ol>			
Decision making and tactical awareness, to include					
<ol style="list-style-type: none"> <li>1. Selection of appropriate shot</li> <li>2. Applying tactics in different competitive situations</li> <li>3. Awareness of the rules and regulations of the sport and their application</li> </ol>			<ol style="list-style-type: none"> <li>4. Awareness of strengths/weaknesses and actions of other players e.g. fitness</li> <li>5. Principals of attack and defence</li> <li>6. Applying other ploys/tactics to outwit opponent e.g. serve, second serve and volley, disguising your shot</li> </ol>		