



# Physical Literacy Through *Tennis*

**PHYSICAL LITERACY**

## Rules

<b>Players</b>	Singles/Doubles
<b>Start &amp; Re-Start</b>	<ul style="list-style-type: none"> <li>The serve-is thrown up and hit</li> <li>The serve must be from behind the baseline</li> <li>The serve-Must bounce in the service box before it can be returned.</li> <li>If the server misses the service box this is called a fault. The player has a second serve. If the player misses again this is a double fault and the server will lose the point.</li> <li>Service order – 1 player serves for a full game, the other serves the game after and so on.</li> <li>The first serve of the game is from the right side diagonally, after that you alternate each point throughout the game</li> <li>-Game (Love, 15, 30, 40, game)</li> <li>-Set (6 games and you win a set)</li> <li>-Match(Made up of 5 sets-men, women 3).</li> </ul>
<b>Scoring</b>	<ul style="list-style-type: none"> <li>If the opponent fails to return the sever the point goes to the server</li> <li>A point is cored when someone misses the ball, hits the ball out of court or it bounces twice</li> <li>1 point = 15    2 points = 30    3 points = 40</li> <li>4 points = Game</li> <li>-It is 'Deuce' if the score reaches 40-40</li> <li>If the first deuce point is won-Advantage, then 'game' if the second deuce point is won (If not back to deuce again)</li> </ul>
<b>In &amp; Out of Play</b>	<ul style="list-style-type: none"> <li>If the ball hits the net chord and bounces over mid game it remains in play, the point counts.</li> <li>The white line is classed as in.</li> </ul>
<b>Time</b>	(Depends on rally length)
<b>Sport Specific Rules</b>	<ul style="list-style-type: none"> <li>A player cannot touch the net</li> <li>A player cannot lean over the net</li> <li>The ball can only be hit once before returning it</li> <li>A volley is allowed, you can return the ball before it hits the floor on your side</li> </ul>

## Fitness



## Behaviours

Controlled Play	Attacking	Defending
<ul style="list-style-type: none"> <li>Patience in a rally</li> <li>Variation</li> <li>Ready position</li> <li>Footwork</li> <li>Anticipation</li> <li>Serving safety</li> <li>Serving variation</li> </ul>	<ul style="list-style-type: none"> <li>Selecting the appropriate shot-Variation</li> <li>Playing long then short</li> <li>Playing short then long</li> <li>Playing side to side</li> <li>Diagonal play</li> <li>Pre-planned shot sequences</li> <li>Playing at the opponent</li> <li>Playing powerful downwards shots</li> <li>Fatiguing the opponent</li> <li>Varying shots</li> <li>Discussing shots</li> <li>Playing to the opponents' backhand</li> <li>Establishing weaknesses</li> <li>Net play</li> </ul>	<ul style="list-style-type: none"> <li>Hitting away from the opponent</li> <li>Buying time to get back to Centre court</li> <li>Playing high and long</li> <li>Playing close to the net</li> <li>Spatial awareness and leaving shots</li> <li>Blocks at the net</li> <li>Rescue shots</li> <li>Defensive stance</li> <li>Doubles positioning</li> <li>Doubles roles</li> </ul>

## Tactics

Half Term Theme	Personal Dev.	Social Dev.	Leadership Dev.
1-Competence	Personal effort, gov. recs, fundamental movements	Team effort, teamwork skills, gov. recs	Effort a as a leader, developing skills of others
2-Confidence	Self-confidence, self-respect	Team confidence, respect for others	Confidence to be aspirational and lead, respecting followers
3-Motivation	Intrinsic and extrinsic motivation, target setting	Team motivation, short, medium- and long-term targets	Motivation as a leader, SMART target setting
4-Communication	Verbal and non-verbal, internal dialogue	Active listening, team belonging,	Autocratic, democratic, clarity
5-Resilience	Personal resilience, growth mindset, fixed mindset	Team resilience, positivity, conflict resolution	Leadership resilience, challenging negativity, purpose
6-My Physical Literacy	Lifelong participation, current personal development, further opportunities	Lifelong participation, current social development, further opportunities	Lifelong participation, current leadership development, further opportunities

## Skills

Controlled Play	Attacking	Defending
<ul style="list-style-type: none"> <li>Serving</li> <li>Footwork</li> <li>Positioning</li> <li>Forehand and backhand diagonal</li> </ul>	<ul style="list-style-type: none"> <li>Smash</li> <li>Drop shot</li> <li>Lob</li> <li>Volley</li> <li>Approach shot</li> <li>Half volley</li> </ul>	<ul style="list-style-type: none"> <li>Push</li> <li>Return of serve</li> <li>Forehand</li> <li>Backhand</li> </ul>

