

What should I already know?

- Perform a basic forehand with control and accuracy.
- Send a ball into a space at different speeds and heights.
- Begin to show tactics to make it difficult for your opponent.
- Keep a rally going.
- Describe how your body feels when exercising.
- Understand the link between heart rate and breathing.

Gems of Knowledge

Procedural Knowledge

- Hit the ball with purpose.
- Play shots on the forehand and the backhand.
- Direct the ball to your opponent's court.
- Use good footwork that allows you to hit the ball with good technique.
- Adopt a good ready position.

Declarative knowledge

- Identify spaces and understand the benefit of hitting the ball into gaps.
- Watch and evaluate the success of games.
- Explain why a performance is good and explain what could be improved.



0 points = Love

1 point = 15

2 points = 30

3 points = 40

4 points = Game (if leading by at least 2 points)

Deuce: When the score is 40-40, it is called 'deuce'.

To win a game from deuce, a player must score two consecutive points.



Vocabulary

FOCUS -
Develop technique and control.
Cooperation and Targeting.

<p>Forehand - Striking with the palm of the hand facing outwards.</p>		<p>Opponent - The team/player you want to beat.</p>	
<p>Backhand - Striking with the arm across the body, palm of the hand facing inwards.</p>		<p>Rally- A sequence of back and forth shots.</p>	
<p>Footwork - The way in which you move your feet to support your play.</p>		<p>Court Target - Where you want the ball to go.</p>	