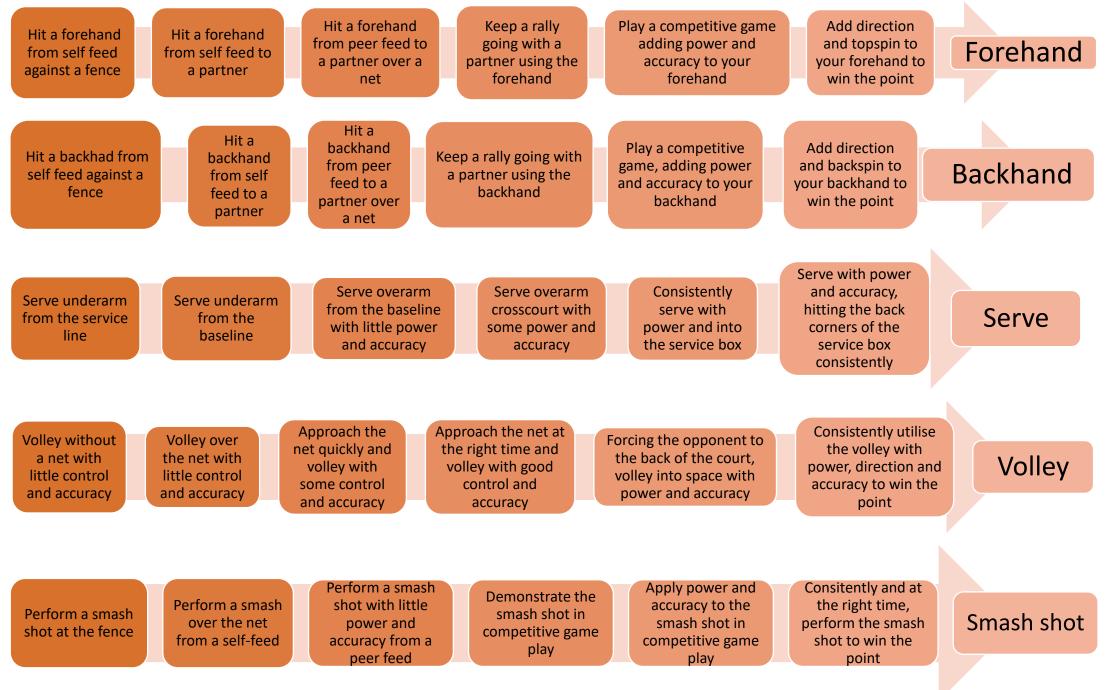
Tennis

Progressions to develop the procedural knowledge (how/what to perform) and declarative knowledge (knowing how/what to do).



Tennis

Progressions to develop the procedural knowledge (how/what to perform) and declarative knowledge (knowing how/what to do).

Grip stance and alignment	Forehand Shot	Backhand Shot	Serving
- What are the court	- What is the forehand grip?	- What is a backhand shot?	- What is a 'good' serve?
markings in tennis?	- At what point should you	- How should you grip the racket?	- How many serves can you have?
- What is the ready	connect with the ball?	- Why should you use the two	- What is the correct stance?
position?	- Where should our racket	handed backhand?	- Where should the serve land?
- What is a rally?	be on the approach to	- What side of the body should the	 What is the correct serving
- What height should the	hitting a forehand?	ball be when we hit it?	technique?
ball be when we make	- What is the contact point?	- What is the difference between	
contact with it?	- What is the correct	forehand and backhand shot?	
- What area of the racket	technique for a forehand?		
do we make contact with	- When should a forehand		
the ball?	shot be played?		
- How do we hold the			
racket			
Volley	Smash shot	The Four R's of tennis	Key terminology
- What is a volley?	- What is a smash shot?		- Baseline
- At what part of the court	- When do we play a smash	- What are the 4 R's in tennis?	- Service
do we hit a volley?	shot?	- Why is it important we recover	- Tramline
- When should you	- Where should we stand	to the same spot?	- Advantage
approach the net?	when performing a smash	- Why is it important we react as	- Love
- What direction should	shot?	early as possible to our	- Deuce
our racket be facing when	- When do we make contact	opponents shot?	- Net
hitting a volley?	with the ball?	- How can we implement the four	- Racket
 How can timing affect 	- What position should our	R's to maximise success in tennis	- Backhand
			- Forehand