

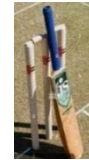
Year 5 Finches

PE

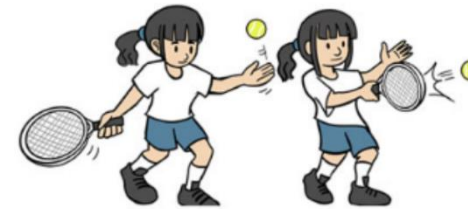
Summer 2

Tennis and

Cricket



Underarm Serve



To perform an underarm serve in tennis, stand behind the baseline, grip the racket loosely, drop the ball close to your body, and gently swing the racket underneath to hit the ball lightly over the net, aiming strategically into the service box.

Forehand and Backhand Swing

Forehand groundstroke: swing the racket across your body with the hand moving palm-first. It is a type of groundstroke, executed after the ball has bounced on the court.



Backhand groundstroke: swing the racket around your body, in the direction where you want to land the ball. It's used when a ball is approaching the side opposite the paddle arm.



Tennis Scoring

Tennis scoring starts at 0, referred to as "love." The first point won is called "15," the second "30," and the third "40." Winning the next point after 40 wins the game, unless both players reach 40, which is called "deuce."

From deuce, a player must win two consecutive points to win the game: the first point takes them to "advantage," and winning the next wins the game. Losing the advantage point returns the score to deuce.

Overarm Bowling: Hold the ball with two finger and a thumb if you can. Make a 'T' Shape with your arms. Step forward with opposite foot to bowling arm. Release with straight arm.



	Key Vocabulary	Definition
Cricket	Batter	A player on the batting team
	Bowler	The player who starts the game by bowling to the batter.
	crease	The lines in front of the wickets that mark positions for the bowler and batter.
	Fielder	A player on the fielding team, other than the bowler or wicket keeper
	innings	The period of time an individual or team bat for
	over	The delivery of six consecutive legal balls by one bowler.
	runs	The unit of scoring.
Tennis	Wicket Keeper	The player on the fielding side who stands behind the wicket.
	Ace	When you serve the ball and your partner does not return it back, the server wins the point.
	Backhand	The technique used to hit the ball on the opposite side as your racket hand.
	Deuce	When the score is 40/40.
	Forehand	The technique used to hit the ball on the same side as your racket hand.
	Love	When scoring we do not say 0, we say love: e.g. 15 - love
	overarm Throw	To throw the ball using an over arm technique, this has more power.
	ready position	The position we get our bodies in to so we are prepared to return the ball.
	serve	The first hit of the ball to start the game.
	technique	The method or style when practising a skill in sport.

Cricket: Games comprise of one innings where each team will take turns in batting and fielding/bowling. The bowler bowls the ball to the batter who tries to hit the ball with their bat to score runs. The fielding team tries to get the batters out by: Hitting the wickets with the ball when bowling, catching the ball or hitting the wickets before the batter can run to the other end of the pitch. Batters try to score as many runs as possible while not getting out. One full length of the pitch it equals 1 run. Hitting the ball to the boundary along the ground is 4 runs. Hitting the ball over the boundary on the full equals 6 runs. The aim of the game is to score as many runs as possible, while the fielding team try to take as many wickets as they can and limit the amount of runs scored. The team with the most runs wins.