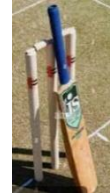


Year 6

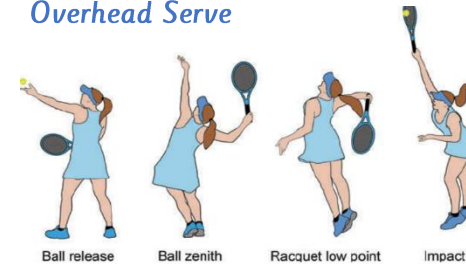
PE

Summer 2

Tennis and Cricket



Overhead Serve



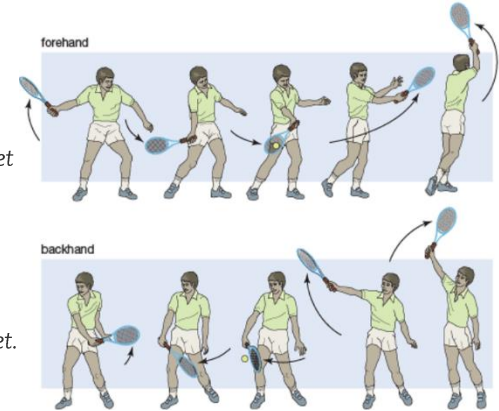
Throw the ball up straight above the head, lean back to get power into the serve, hit the ball as high as you can and follow through looking at the direction you want

Forehand and Backhand Swing

Both the forehand and backhand strokes are hit in smooth, continuous loops.

Forehand: Left side to the net. The racket is pulled away from the body.

Backhand: Right side to the net. The racket is pulled across the body. As the swing begins, the player's weight is transferred in the direction of the target.



Tennis Scoring: It takes 4 points to win a game, and the tennis scoring goes like this: "Love – 15 – 30 – 40 - Game". Each player begins with a score of 0, (Love.) The first point is 15. The second point is 30. The third point, the score is 40. On the next point, the game is won. There is an exception, though. A player must win by 2 points to win the game. If both players have earned 3 points, the score is 40-40 (Deuce). The player who wins the next point has "advantage." If the player with "advantage" wins the next point, they win the game. If they loses the next point, the game goes back to Deuce. Play continues until someone wins 2 points in a row to gain a 2-point lead. The Server's score is always given first.

	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.

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.

