#ThisIsPE
Tennis — Smash
SECONDARY KEY STAGE 4 PE /// NET/WALL

Content outline
This activity aims to develop and refine the technique for a smash shot in Tennis.
- Shot technique
- Body positioning
- Accuracy
- Aspirations

Learning intention
Physical:
- To develop and refine the smash shot in Tennis

Personal:
- Aspirations

Learning questions:
- Why is it important to move underneath the ball when performing a smash?
- Why do you need to contact the ball at the highest possible point?
- Describe what you need to do with your non-racket arm
- What other tennis skill is the smash similar too?
- When were you most successful during these tasks? And why?
- What coaching points would you identify from these activities?

More resources
www.youthsporttrust.org/free-home-learning-resources-secondary