

Tennis and Badminton

KEY RULES

Game Basics: Net and Wall Games such as Tennis and Badminton develop coordination, control, and tactical thinking. Players aim to send the ball or shuttlecock over the net into their opponent's area so that it cannot be returned. These games promote accuracy, balance, reaction time, and fair play while encouraging children to plan their shots and anticipate their opponent's movements.

Tennis: Is played between two players (singles) or four players (doubles). A rally starts with a serve, which must be played diagonally across the court into the opponent's service box. The ball must land within the court boundaries to remain in play. Players can allow one bounce before returning the ball or volley it out of the air. Points are scored as 15, 30, 40, and game, with a player needing to win by two clear points. In school tennis, simplified scoring or mini tennis formats are used to make the game more accessible. Key techniques include the forehand, backhand, and serve, focusing on timing, control, and footwork. Respect and honesty are vital, with players expected to call balls in or out fairly.

Badminton: is a fast-paced game where the aim is to hit the shuttlecock over the net so it lands in the opponent's court. A rally begins with an underarm serve that must travel diagonally across the court. The shuttlecock must not touch the ground, and players can only strike it once before returning it.

Games are played to 21 points, with a two-point lead required to win. The shuttle is "in" if it lands on the line. Players must use a combination of shots such as the serve, clear, drop, and smash to outmanoeuvre opponents. Good balance, anticipation, and recovery are essential. Teamwork, encouragement, and fair play are strongly emphasised in both singles and doubles formats.

Teamwork and Tactics: In both Tennis and Badminton, players must communicate effectively, move into space, and anticipate the direction of play. Doubles games develop cooperation and positioning, with one player taking the front while the other covers the back. Encouraging others, showing resilience, and learning from mistakes help children grow in confidence and self-control.

Fair Play and Safety: Children should wear appropriate footwear and handle equipment safely. Rackets should be used with awareness of others, and play should stop immediately if a ball or shuttle enters another court. Respect for opponents, honesty in scoring, and encouragement are key values of all Net and Wall Games.

USEFUL LINKS

Lawn Tennis Association (LTA): lta.org.uk

Tennis Scotland: tennisscotland.org

Tennis Wales: tenniswales.org.uk

Tennis Ireland: tennisireland.ie

Your School Games Tennis: yourschoolgames.com/taking-part/our-sports/tennis

Badminton England: badmintonengland.co.uk

Badminton Scotland: badmintonscotland.org.uk

Badminton Wales: badminton.wales

Badminton Ireland: badmintonireland.com

Your School Games Badminton: yourschoolgames.com/taking-part/our-sports/badminton