

# Tennis

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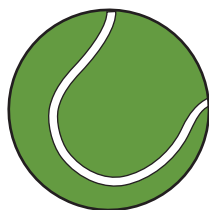
Name: \_\_\_\_\_

**Read the following informational text to learn about tennis. Then complete the graphic organizer.**

Tennis is a sport that has been played around the world for hundreds of years. People play tennis competitively or just for fun, and they must have the necessary equipment in order to participate. Tennis players need: sneakers, a racket, and a court on which to play. Tennis is a sport with an interesting history and provides significant health benefits for those who play.

The history of tennis dates back to the 1400s. In the 16th century, rackets were introduced and it adjusted the way people played the game. Prior to rackets, people played tennis with the palms of their hands to hit the ball back and forth. In the 1800s, the sport became more structured and the Wimbledon Championships began. Today, there are more famous tennis events that draw large crowds and skilled athletes.

For those who play tennis, there are health benefits that make the hard work worthwhile. Tennis gets you moving and it is good for the body and the mind. One of the best things about tennis is that it is a sport that can be played at any age and skill level. It is a low-impact sport, so people of all different ages and abilities can pick it up. Playing tennis decreases your risk for heart disease and increases your bone health. Tennis provides exercise that helps with weight loss and enhances flexibility, balance, and coordination.



## Author's Point

Tennis has an interesting history and is a sport that can make you healthy.

### Reason / Evidence

In the 16th century, rackets were introduced and it adjusted the way people played the game. (para. 2)

### Reason / Evidence

Tennis gets you moving and it is good for the body and the mind. (para. 3)

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