# Tennis

**Tennis, reinstated as an Olympic sport after a gap of 100 years in 1988, originated in the 10th and 11th centuries when the cloisters and courtyards of French monasteries became the courts for a game called *jeu de paume*, which was played with the palm of the hand and sheepskin-covered balls**

By the time England's ***King Henry VIII*** played tennis between his numerous marriages, the game involved hitting the ball over the net with rackets. The court he built at Hampton Court Palace in 1530 survives to this day

Research: Maris Ross

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