

Primary PE – Curriculum Plan

Tennis 2024 -25

Progression in Knowledge, Skills and Understanding: Tennis

Year 3	Year 4	Year 5	Year 6
 ✓ Correct grip of racket ✓ Bounce and receive the ball on the racket ✓ Demonstrate an ability to move feet to react to the ball ✓ Hit the ball forward with basic technique ✓ Be able to react to the ball after one or two bounces ✓ Understand some basic rules 	 ✓ Correct grip of racket ✓ Demonstrate an ability to move feet to react to the ball ✓ Hit the ball forward with forehand technique ✓ Be able to perform a basic rally with a partner ✓ Be able to move to attempt to return the ball ✓ Understand some basic rules and scoring ✓ 	 ✓ Correct grip of racket for forehand drive ✓ Forehand with basic technique into space ✓ Basic backhand technique ✓ Basic overarm serve technique ✓ Can react quickly to return the ball ✓ Can rally with a partner ✓ Attempting to hit the ball into space to outwit opponent ✓ Understand and can apply basic rules to a competitive game 	✓ Correct grip of racket for forehand drive ✓ Forehand with basic technique into space ✓ Basic backhand technique ✓ Basic overarm serve technique ✓ Basic volley technique ✓ Can react quickly to return the ball ✓ Can rally with a partner ✓ Attempting to hit the ball into space to outwit opponent ✓ Understands the importance of positioning when playing defensively ✓ Understand and can apply basic rules to a competitive game

					Y	3 Tennis		
	Prior Knowledge	Learning Question / Key Questions	National Curriculum Reference	Substantive Knowledge	Disciplinary Concepts	Vocabulary	PAT Assessment strands	Task / Adaptations/Tweaks/Challenges
Week One	Pupils should be taught to: play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with	Do you know how to correctly hold a tennis racket Can you control a tennis ball with a tennis racket during some simple activities Can you demonstrate the technique for a forehand drive	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best	Know and show how to hold a tennis racket correctly Be able to demonstrate control of a ball when bouncing ball up and down on racket strings Be able to demonstrate and give teaching points for returning a ball with a forehand shot	Teacher led demonstration, pupil replication Teacher led demo, followed by student experimental practice Teacher led demo, followed by pair work practice and feedback.	Racket Strings Grip Bounce Forehand Control Stance	perform ball handling skills well, with awareness of space & others play a game successfully, -apply some tactics to outwit opponents	Intro: Tennis Lesson focus: Hand-eye co-ordination and Forehand Warm up- Racket and Ball skills 1 ball and 1 racket each. Intro: how hold racket: -Walk with ball on racket stringsTraffic lights game - Hunter game Stretch – Static (Teacher led) Skill Develop – Racket and Ball skills 1 ball and 1 racket eachBounce ball on racket -Bounce ball on floor Practice then comp. No in 30 secs Skill Develop – Movement of feet Pairs: 2 cones approx. 2 metres apart, 1 hoop in-between cones. 1 ball -In pairs – short over arm throw into hoop, move feet to catch ball after 1 bounce. Skill Development – Forehand – Focus on controlled hitting Pairs: 2 cones approx. 2 metres apart. 1 ball and racket per pair -Intro: Forehand technique: Give KTPs Person 1 – feeds ball via short overarm throw, ball bounces, Person 2 returns to P1 Swap after 3 mins

fterW eek Two	previous ones and demonstrat e improveme nt to achieve their personal best	Can you remember how to hold a tennis racket Can you improve your control a tennis ball with a	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball,	Know and show how to hold a tennis racket correctly Be able to demonstrate better control of a ball when bouncing ball up and down on	Teacher led demonstration, pupil replication Teacher led demo, followed by student experimental practice Teacher led demo, followed by pair work	Racket Strings Grip Bounce Backhand Control Stance	perform ball handling skills well, with awareness of space & others play a game successfully, -apply some tactics to outwit opponents	-Intro: Competition – have many balls can you hit/partner catch in 1min. 1pt hit, 1 pt catch. Swap 1 min. Skill Development – Forehand – Focus on hitting to space. Set-up: 4s: 2 cones approx. 2m apart. 1 ball and racker per fourIntro: Mini games – Feeder, Hitter, 1 point per run. Swap after 2 mins. Plenary: Q & A – linked to LO and LLS Intro: Tennis Lesson focus: Hand-eye co-ordination and Backhand Warm up- Racket and Ball skills 1 ball and 1 racket each. Intro: how hold racket: -Walk with ball on racket stringsTraffic lights game - Hunter game
		activities? Can you demonstrate the technique for a backhand drive?	principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best	demonstrate and give teaching points for returning a ball with a backhand shot				Skill Develop – Racket and Ball skills 1 ball and 1 racket each. -Bounce ball on racket -Bounce ball on floor Practice then comp. No in 30 secs Skill Develop – Movement of feet Pairs: 2 cones approx. 2 metres apart, 1 hoop in-between cones. 1 ball -In pairs – short over arm throw into hoop, move feet to catch ball after 1 bounce. Skill Development – Backhand – Focus on controlled hitting Pairs: 2 cones approx. 2 metres apart. 1 ball and racket per pair

							-Intro: Backhand technique: Give KTPs Person 1 – feeds ball via short overarm throw, ball bounces, Person 2 returns to P1 Swap after 3 mins -Intro: Competition – have many balls can you hit/partner catch in 1min. 1pt hit, 1 pt catch. Swap 1 min. Skill Development – Backhand – Focus on hitting to space. Set-up: 4s: 2 cones approx. 2m apart. 1 ball and racker per fourIntro: Mini games – Feeder, Hitter, 1 point per run. Swap after 2 mins. Plenary: Q & A – linked to LO and LLS
Week Three	Can you demonstrate the 'ready position' means? Can you explain how it helps us react to the ball? Can you perform a forehand and	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and	Be able to demonstrate the 'ready position' Be able to give 2 reasons why Ready position helps to react to the ball. Be able to move quickly from the ready position when returning a ball with a forehand or backhand shot	Teacher led demo, followed by student experimental practice Teacher led demo, followed by pair work practice and feedback.	Racket Strings Grip Bounce Forehand Control Stance Ready Position	perform ball handling skills well, with awareness of space & others play a game successfully, -apply some tactics to outwit opponents	Recap: Tennis Lesson focus: Ready Position Warm up- Racket and Ball skills 1 ball and 1 racket eachwalk with ball on racket strings Gears game -hunter game Stretch – Static (Teacher led) Skill Develop – Racket and Ball skills 1 ball and 1 racket eachBounce ball on racket: -Capture –racket bounce. 5 no ball - bounce ball on floor
	backhand from the ready position?	defending compare their performances with previous ones and demonstrate improvement to achieve their personal best					-Capture - floor bounce— 5 no balls. Skill Develop— Ready Position Pairs: 2 cones approx. 2mapart, 1 hoop between. 1 ball/ racket per pair -Intro: Ready Position — why important: give KTPs Feeder - Checks player in ready position. Feeds ball via short overarm throw, ball bounces, Player turns

		sideways to do a either forehand or backhand; returns ball to feeder. Repeat above.
		Skill Develop— Ready Position +Game Fours: 2 cones approx. 2 metres apart. 1 ball and racker per fourReacp: Mini games – Feeder, Hitter, Backstop, Fielder. Hit into space Feeder – Checks player in ready position; feeds ball via short overarm throw, ball bounces, Hitter – hits ball into space, runs to cone as many times as they can before fielders can get ball back to feeder. 1 pt for ready position, 1 pt for each run Swap places after 2 mins.
		Plenary: Q & A – linked to LO and LLS Set-up: all sat/stood behind cones

							Y4 Tennis	
	Prior Knowledge	Learning Question / Key Questions	National Curriculum Reference	Substantive Knowledge	Disciplinary Concepts	Vocabulary	PAT Assessment Strands	Task / Adaptations/Tweaks/Challenges
Week One	Pupils should be taught to: play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their	To learn how to correctly hold and grip a tennis racket To start to develop the ability to react to the flight and position of the ball in simple activities	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best	Know and show how to hold a tennis racket correctly Be able to demonstrate control of a ball when bouncing ball up and down on racket strings Be able to demonstrate and give teaching points for returning a ball with a forehand shot	Teacher led demonstration, pupil replication Teacher led demo, followed by student experimental practice Teacher led demo, followed by pair work practice and feedback.	Racket Strings Grip Bounce Forehand Control Stance	perform ball handling skills well, with awareness of space & others play a game successfully, -apply some tactics to outwit opponents	Intro: Tennis Lesson focus: Hand-eye co-ordination and Forehand Warm up- Racket and Ball skills 1 ball and 1 racket each. Intro: how hold racket: -Walk with ball on racket stringsTraffic lights game - Hunter game Stretch - Static (Teacher led) Skill Develop - Racket and Ball skills 1 ball and 1 racket eachBounce ball on racket -Bounce ball on floor Practice then comp. No in 30 secs Skill Develop - Movement of feet Pairs: 2 cones approx. 2 metres apart, 1 hoop in-between cones. 1 ball -In pairs - short over arm throw into hoop, move feet to catch ball after 1 bounce. Skill Development - Forehand - Focus on controlled hitting Pairs: 2 cones approx. 2 metres apart. 1 ball and racket per pair -Intro: Forehand technique: Give KTPs Person 1 - feeds ball via short overarm throw, ball bounces, Person 2 returns to P1 Swap after 3 mins -Intro: Competition - have many balls can you hit/partner catch in 1 min. 1pt hit, 1 pt catch. Swap 1 min. Skill Development - Forehand - Focus on hitting to space. Set-up: 4s: 2 cones approx. 2 m apart. 1 ball and racker per fourIntro: Mini games - Feeder, Hitter,

To learn how to be ready to react to the speed, flight and direction of a ball To start to learn how	play competitive games, modified where appropriate [for example, badminton,	Know and show how to hold a tennis racket correctly	Teacher led demonstration, pupil replication Teacher led	Racket Strings Grip	perform ball handling skills well,	1 point per run. Swap after 2 mins. Plenary: Q & A – linked to LO and LLS Intro: Tennis Lesson focus: Hand-eye co-ordination and Backhand
To learn how to be ready to react to the speed, flight and direction of a ball	competitive games, modified where appropriate [for example, badminton,	show how to hold a tennis racket correctly	demonstration, pupil replication Teacher led	Strings	handling	Intro: Tennis
how to be ready to react to the speed, flight and direction of a ball	competitive games, modified where appropriate [for example, badminton,	show how to hold a tennis racket correctly	demonstration, pupil replication Teacher led	Strings	handling	
how to be ready to react to the speed, flight and direction of a ball	competitive games, modified where appropriate [for example, badminton,	show how to hold a tennis racket correctly	demonstration, pupil replication Teacher led	Strings	handling	
ready to react to the speed, flight and direction of a ball	games, modified where appropriate [for example, badminton,	hold a tennis racket correctly	pupil replication Teacher led	_	_	
react to the speed, flight and direction of a ball	modified where appropriate [for example, badminton,	racket correctly	Teacher led			
the speed, flight and direction of a ball To start to	where appropriate [for example, badminton,	correctly			with	Warm up- Racket and Ball skills
flight and direction of a ball	appropriate [for example, badminton,	,		Bounce	awareness	1 ball and 1 racket each.
direction of a ball To start to	[for example, badminton,	Be able to	demo, followed	Backhand	of space &	Intro: how hold racket:
of a ball To start to	badminton,		by student	Control	others	-Walk with ball on racket strings.
To start to	-	demonstrate	experimental	Stance		-Traffic lights game
	•	better	practice		play a game	- Hunter game
learn how	basketball,	control of a			successfully,	
icarii now	cricket,	ball when	Teacher led		-apply some	Stretch – Static (Teacher led)
to send the	football,	bouncing	demo, followed		tactics to	
ball	hockey,	ball up and	by pair work		outwit	Skill Develop – Racket and Ball skills
forwards	netball,	down on	practice and		opponents	1 ball and 1 racket each.
into space	rounders and	racket	feedback.			-Bounce ball on racket
	tennis], and	strings				-Bounce ball on floor
	apply basic					Practice then comp. No in 30 secs
	principles	Be able to				
	suitable for	demonstrate				Skill Develop – Movement of feet
	attacking and					Pairs: 2 cones approx. 2 metres apart, 1 hoop in-between cones. 1
		_				ball
		•				-In pairs – short over arm throw into hoop, move feet to catch ball
	compare	_				after 1 bounce.
		backhand				Skill Development – Backhand – Focus on controlled hitting
		shot				Pairs: 2 cones approx. 2 metres apart. 1 ball and racket per pair
	•					-Intro: Backhand technique: Give KTPs
						Person 1 – feeds ball via short overarm throw, ball bounces,
						Person 2 returns to P1 Swap after 3 mins
	-					-Intro: Competition – have many balls can you hit/partner catch in
						1min. 1pt hit, 1 pt catch. Swap 1 min.
	personal best					Skill Development – Backhand – Focus on hitting to space.
						Set-up: 4s: 2 cones approx. 2m apart. 1 ball and racker per four.
						-Intro: Mini games – Feeder, Hitter,
						1 point per run. Swap after 2 mins.
1						Plenary: Q & A – linked to LO and LLS
		attacking and defending	attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their	attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their and give teaching points for returning a ball with a backhand shot	attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their and give teaching points for returning a ball with a backhand shot	attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their attacking and and give teaching points for returning a ball with a backhand shot

Week	To	o learn	play	Be able to	Teacher led	Racket	perform ball	Recap: Tennis
Three	tł	he basic	competitive	demonstrate	demo, followed	Strings	handling	Lesson focus: Ready Position
	te	echnique	games,	the 'ready	by student	Grip	skills well,	
		or a	modified	position'	experimental		with	Warm up- Racket and Ball skills
		orehand	where		practice	Bounce	awareness	1ball and 1 racket each.
	d	Irive and		Be able to	•	Forehand	of space &	-walk with ball on racket strings.
	b	e able	appropriate	give 2		Control	others	- Gears game
	se	end the	[for example,	reasons why		Stance		-hunter game
		all with	badminton,	Ready		Ready	play a game	
		he racket	basketball,	position		Position	successfully,	Stretch – Static (Teacher led)
	_	o a	cricket,	helps to			-apply some	<u> </u>
		artner	football,	react to the	Teacher led		tactics to	Skill Develop – Racket and Ball skills
			hockey,	ball.	demo, followed		outwit	1 ball and 1 racket each.
	То	o develop	netball,		by pair work		opponents	-Bounce ball on racket:
		n ability	rounders and	Be able to	practice and		F F	-Capture –racket bounce. 5 no ball
		o move	tennis], and	move quickly	feedback.			- bounce ball on floor
		round the	apply basic	from the				-Capture - floor bounce– 5 no balls.
		ourt to	principles	ready				captairs noon sounds sine same.
		eturn the	•	position				Skill Develop- Ready Position
		all to my	suitable for	when				Pairs: 2 cones approx. 2mapart, 1 hoop between. 1 ball/ racket
		artner	attacking and	returning a				per pair
			defending	ball with a				-Intro: Ready Position – why important: give KTPs
				forehand or				Feeder - Checks player in ready position. Feeds ball via short
			compare	backhand				overarm throw, ball bounces, Player turns sideways to do a either
			their	shot				forehand or backhand; returns ball to feeder. Repeat above.
			performances	31100				Totelland of Buokhana, retains built to recaen Repeat above.
			with previous					Skill Develop- Ready Position +Game
			ones and					Fours: 2 cones approx. 2 metres apart. 1 ball and racker per four.
			demonstrate					-Reacp: Mini games – Feeder, Hitter, Backstop, Fielder. Hit into
			improvement					space
			to achieve					Feeder – Checks player in ready position; feeds ball via short
			their					overarm throw, ball bounces, Hitter – hits ball into space, runs to
			personal best					cone as many times as they can before fielders can get ball back to
								feeder. 1 pt for ready position, 1 pt for each run
								Swap places after 2 mins.
								שמף אומנכט מונכו ב וווווט.
								Plenary: Q & A – linked to LO and LLS
								Set-up: all sat/stood behind cones
								set-up. all sat/stood benind cones

						Y5	Tennis	
	Prior Knowledge	Learning Question / Key Questions	National Curriculum Reference	Substantive Knowledge	Disciplinary Concepts	Vocabulary	PAT Assessment Strands	Task / Adaptations/Tweaks/Challenges
Week One	Pupils should be taught to: play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous	Can you demonstrate the ready position Can you demonstrate the forehand drive and be able to use this to hit the ball into space Can you show the ability to respond to the flight and position of the ball to make a return with your racket on your forehand?	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best	Be able to demonstrate the 'ready position' and forehand position Be able to give 2 reasons why Ready position helps to react to the ball. Be able to move quickly from the ready position when returning a ball with a forehand shot	Teacher led demo, followed by student experimental practice Teacher led demo, followed by pair work practice and feedback.	Grip Racket Ready position Space Bounce Forehand Rally Return Net Court Rules	show use of refined skills appropriate to different games use a bat/racket/or part of my body to hit ball into space know how/where to send a ball/object according to game situation	Recap: Tennis Lesson focus: Ready Position and forehand Warm up- Racket and Ball skills Walk around with ball on racket strings. Traffic lights Hunter Stretch – Static (Teacher led) Skill Develop – Racket and Ball skills 1 ball and 1 racket eachBounce ball on racket -Bounce ball on floor practice; then comp: no. in 30secs. Skill Develop – Ready Position and forehand Pairs: 2 cones approx. 2m apart. 1 ball/ racket per pair -Recap: Ready Position – why important: give KTPs -Recap: Forehand position – give KTPs Feeder - Checks player in ready position. Feeds ball via short overarm throw, ball bounces, Player turns sideways does a forehand; returns ball to feeder. Repeat above. Skill Development – Rally's – Focus on controlled Pairs – each side of the net. 1 racket each, 1 ball per pairIntro: Rally: short overarm throw start. Keep rally going Use forehand. Ready position between Skill Development – Games – Focus on space Fours –play doubles. 1 racket each, 1 ball per 4.

Week	ones and demonstrate improvement to achieve their personal best	Can you demonstrate the ready position between shots? Can you demonstrate the backhand drive and be able to use this to hit the ball into space Can you show the ability to respond to the flight and position of the ball to make a return on your forehand and backband with	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their	Be able to demonstrate the 'ready position' and forehand and backhand position Be able to give reasons why Ready position helps to react to the ball. Be able to move quickly from the ready position when returning a ball with a seal	Teacher led demo, followed by student experimental practice Teacher led demo, followed by pair work practice and feedback.	Grip Racket Ready position Space Bounce Forehand Backhand Rally Return Net Court Rules	show use of refined skills appropriate to different games use a bat/racket/or part of my body to hit ball into space know how/where to send a ball/object according to game situation	Intro: Games: short arm throw to start. Hit to space. First to 5 points - explain how points scored. Plenary: Q & A – linked to LO and LLS Recap: Tennis Lesson focus: Ready Position and Backhand Warm up- Racket and Ball skills Walk around with ball on racket strings. Traffic lights Hunter Stretch – Static (Teacher led) Skill Develop – Racket and Ball skills 1ball and 1 racket each. Walk around with ball on racket strings. Gears Game Capture Game – bounding up. 5 no balls. Skill Develop – Ready Position and backhand Pairs: 2 cones approx. 2m apart. 1 ball/ racket per pair -Recap: Ready Position – why important: give KTPs -Recap: Backhand position – give KTPs Feeder - Checks player in ready position. Feeds ball via short overarm throw, ball bounces, Player turns sideways does a backhand; returns ball to feeder. Repeat above.
		the ability to respond to the flight and position of the ball to make a return on your	apply basic principles suitable for attacking and defending compare	Be able to move quickly from the ready position when			according to game	Skill Develop— Ready Position and backhand Pairs: 2 cones approx. 2m apart. 1 ball/ racket per pair -Recap: Ready Position — why important: give KTPs -Recap: Backhand position — give KTPs Feeder - Checks player in ready position. Feeds ball via short overarm throw, ball bounces, Player turns sideways does a

Week Three		Can you demonstrate a basic serve action? Can you play a game of using rules and techniques to outwit an opponent?	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best	Be able to demonstrate the serve Be able to give teaching points for the serve. Be able to play a game, applying the rules and using forehand and backhand shots to outwit an opponent.	Teacher led demo, followed by student experimental practice Teacher led demo, followed by pair work practice and feedback.	Grip Racket Ready position Space Bounce Forehand Backhand Rally Return Net Court Rules Serve	show use of refined skills appropriate to different games use a bat/racket/or part of my body to hit ball into space know how/where to send a ball/object according to game situation	Recap: Tennis Lesson focus: Serve and Games Warm up- Racket and Ball skills Walk around with ball on racket strings. Sharks – run to hoop when call out 'shark' Stretch – Static (Teacher led) Skill Develop – Racket and Ball skills Bounce ball on racket: Capture: bounce ball on racket. 5 people no ball Bounce ball on floor: Capture: bounce ball on ground. 5 people no ball Skill Develop – Serving – Focus on ball throw Pairs: 1 cone. 1 ball and racket per pair -Intro: Ball throw for a serve: Give KTPs Player – throws ball up with non-racket hand, gets it to try and land on racket by feet. Partner – gives them feedback- Swap after 2 min Skill Development – Serving – focus on hitting Pairs: 2 cones – approx. 5 m apart. 1 ball, racket per pair -Intro: How hit ball for a serve: Give KTPs Player – throws ball up (like before) and hits down with racket – aiming for cone 5 m away. Partner – stands on cone 5 m away – tries to catch serve after 1 bounce. Skill Development – Rally's – Focus on starting with a serve and controlled hitting Fours –play doubles. 1 racket each, 1 ball per 4. Intro: Games: serve to start. Hit to space. First to 5 points - recap how points scored. Plenary: Q & A – linked to LO and LLS
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		Y6 Tennis							
	Prior Knowledge	Learning Question / Key Questions	National Curriculum Reference	Substantive Knowledge	Disciplinary Concepts	Vocabulary	PAT Assessment Strands	Task / Adaptations/Tweaks/Challenges	
Week One	Pupils should be taught to: play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement	To recap the correct technique for a forehand drive and be able to use this to hit the ball into space To show an understanding of the importance of being able to react to the flight and position of the ball.	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve	Be able to demonstrate the 'ready position' and forehand position Be able to give 2 reasons why Ready position helps to react to the ball. Be able to move quickly from the ready position when returning a ball with a forehand shot	Teacher led demo, followed by student experimental practice Teacher led demo, followed by pair work practice and feedback.	Grip Racket Ready position Space Bounce Forehand Rally Return Net Court Rules	perform /apply skills in additional net/wall game (e.g. badminton/tennis) choose & use combinations of skills confidently in several games Combine & perform/adapt skills to the situation in a game	Recap: Tennis Lesson focus: Ready Position and forehand Warm up- Racket and Ball skills Walk around with ball on racket strings. Traffic lights Hunter Stretch – Static (Teacher led) Skill Develop – Racket and Ball skills 1 ball and 1 racket eachBounce ball on racket -Bounce ball on floor practice; then comp: no. in 30secs. Skill Develop – Ready Position and forehand Pairs: 2 cones approx. 2m apart. 1 ball/ racket per pair -Recap: Ready Position – why important: give KTPs -Recap: Forehand position – give KTPs Feeder - Checks player in ready position. Feeds ball via short overarm throw, ball bounces, Player turns sideways does a forehand; returns ball to feeder. Repeat above. Skill Development – Rally's – Focus on controlled Pairs – each side of the net. 1 racket each, 1 ball per pair.	

	to achieve their personal best		their personal best					-Intro: Rally: short overarm throw start. Keep rally going Use forehand. Ready position between Skill Development – Games– Focus on space Fours –play doubles. 1 racket each, 1 ball per 4. Intro: Games: short arm throw to start. Hit to space. First to 5 points - explain how points scored. Plenary: Q & A – linked to LO and LLS
Wee		To learn the basic technique for a backhand in tennis To start to select the correct skill (forehand or backhand) for the situation when playing with a partner	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve	Be able to demonstrate the 'ready position' and forehand and backhand position Be able to give reasons why Ready position helps to react to the ball. Be able to move quickly from the ready position when returning a ball with a forehand and backhand shot	Teacher led demo, followed by student experimental practice Teacher led demo, followed by pair work practice and feedback.	Grip Racket Ready position Space Bounce Forehand Backhand Rally Return Net Court Rules	perform /apply skills in additional net/wall game (e.g. badminton/tennis) choose & use combinations of skills confidently in several games Combine & perform/adapt skills to the situation in a game	Recap: Tennis Lesson focus: Ready Position and Backhand Warm up- Racket and Ball skills Walk around with ball on racket strings. Traffic lights Hunter Stretch – Static (Teacher led) Skill Develop – Racket and Ball skills 1ball and 1 racket each. Walk around with ball on racket strings. Gears Game Capture Game – bounding up. 5 no balls. Skill Develop – Ready Position and backhand Pairs: 2 cones approx. 2m apart. 1 ball/ racket per pair -Recap: Ready Position – why important: give KTPs -Recap: Backhand position – give KTPs Feeder - Checks player in ready position. Feeds ball via short overarm throw, ball bounces, Player turns sideways does a backhand; returns ball to feeder. Repeat above. Skill Development – Rally's – Focus on controlled

		neir ersonal best				Pairs – each side of the net. 1 racket each, 1 ball per pairIntro: Rally: short overarm throw start. Keep rally going Use forehand and backhand, Ready position between. Skill Development – Games – Focus on space Fours –play doubles. 1 racket each, 1 ball per 4. Intro: Games: short arm throw to start. Hit to space. First to 5 points - explain how points scored. Plenary: Q & A – linked to LO and LLS Set-up: all sat/stood behind cones
Week Three	start a game of tennis, using a basic serve action To apply knowledge of tactics and rules to play in a competitive situation against peers To apply knowledge of tactics and rules to play in a competitive situation against peers To apply knowledge of tactics and rules to play in a competitive situation against peers To apply knowledge of tactics and rules to play in a competitive situation against peers	lay competitive ames, nodified where ppropriate for example, adminton, asketball, ricket, cotball, ockey, etball, punders and ennis], and pply basic rinciples uitable for ttacking and efending compare neir erformances with previous	followed by student experimental practice blay a Teacher led demo, followed by pair work and practice and twit feedback.	Grip Racket Ready position Space Bounce Forehand Backhand Rally Return Net Court Rules Serve	perform /apply skills in additional net/wall game (e.g. badminton/tennis) choose & use combinations of skills confidently in several games Combine & perform/adapt skills to the situation in a game	Recap: Tennis Lesson focus: Serve and Games Warm up- Racket and Ball skills Walk around with ball on racket strings. Sharks – run to hoop when call out 'shark' Stretch – Static (Teacher led) Skill Develop – Racket and Ball skills Bounce ball on racket: Capture: bounce ball on racket. 5 people no ball Bounce ball on floor: Capture: bounce ball on ground. 5 people no ball Skill Develop – Serving – Focus on ball throw Pairs: 1 cone. 1 ball and racket per pair -Intro: Ball throw for a serve: Give KTPs Player – throws ball up with non-racket hand, gets it to try and land on racket by feet. Partner – gives them feedback- Swap after 2 min

	ones and demonstrate improvement to achieve their personal best	Skill Development – Serving – focus on hitting Pairs: 2 cones – approx. 5 m apart. 1 ball,racket per pair -Intro: How hit ball for a serve: Give KTPs Player – throws ball up (like before) and hits down with racket – aiming for cone 5 m away. Partner – stands on cone 5 m away – tries to catch serve after 1 bounce.
		Skill Development – Rally's – Focus on starting with a serve and controlled hitting Fours –play doubles. 1 racket each, 1 ball per 4. Intro: Games: serve to start. Hit to space. First to 5 points - recap how points scored. Plenary: Q & A – linked to LO and LLS