



Kirkoswald

C of E Primary School

Primary PE – Curriculum Plan

Tennis 2024 -25

Progression in Knowledge, Skills and Understanding: Tennis

Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> ✓ 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 ✓ 	<ul style="list-style-type: none"> ✓ 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 ✓ 	<ul style="list-style-type: none"> ✓ 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 	<ul style="list-style-type: none"> ✓ 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

			Y3 Tennis					
	Prior Knowledge	Learning Question / Key Questions	National Curriculum Reference	Substantive Knowledge	Disciplinary Concepts	Vocabulary	PAT Assessment strands	Task / Adaptations/Tweaks/Challenges
Week One	<p>Pupils should be taught to:</p> <p>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</p> <p>compare their performances with</p>	<p>Do you know how to correctly hold a tennis racket</p> <p>Can you control a tennis ball with a tennis racket during some simple activities</p> <p>Can you demonstrate the technique for a forehand drive</p>	<p>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</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Know and show how to hold a tennis racket correctly</p> <p>Be able to demonstrate control of a ball when bouncing ball up and down on racket strings</p> <p>Be able to demonstrate and give teaching points for returning a ball with a forehand shot</p>	<p>Teacher led demonstration, pupil replication</p> <p>Teacher led demo, followed by student experimental practice</p> <p>Teacher led demo, followed by pair work practice and feedback.</p>	<p>Racket Strings Grip</p> <p>Bounce Forehand Control Stance</p>	<p>perform ball handling skills well, with awareness of space & others</p> <p>play a game successfully, -apply some tactics to outwit opponents</p>	<p>Intro: Tennis Lesson focus: Hand-eye co-ordination and Forehand</p> <p>Warm up- Racket and Ball skills 1 ball and 1 racket each. Intro: how hold racket: -Walk with ball on racket strings. -Traffic lights game - Hunter game</p> <p>Stretch – Static (Teacher led)</p> <p>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</p> <p>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.</p> <p>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</p>

	previous ones and demonstrate improvement to achieve their personal best							<p>-Intro: Competition – have many balls can you hit/partner catch in 1min. 1pt hit, 1 pt catch. Swap 1 min.</p> <p>Skill Development – Forehand – Focus on hitting to space. Set-up: 4s : 2 cones approx. 2m apart. 1 ball and racket per four.</p> <p>-Intro: Mini games – Feeder, Hitter, 1 point per run. Swap after 2 mins.</p> <p>Plenary: Q & A – linked to LO and LLS</p>
After Week Two	<p>Can you remember how to hold a tennis racket</p> <p>Can you improve your control a tennis ball with a tennis racket during some simple activities?</p> <p>Can you demonstrate the technique for a backhand drive?</p>	<p>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</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Know and show how to hold a tennis racket correctly</p> <p>Be able to demonstrate better control of a ball when bouncing ball up and down on racket strings</p> <p>Be able to demonstrate and give teaching points for returning a ball with a backhand shot</p>	<p>Teacher led demonstration, pupil replication</p> <p>Teacher led demo, followed by student experimental practice</p> <p>Teacher led demo, followed by pair work practice and feedback.</p>	<p>Racket Strings Grip</p> <p>Bounce Backhand Control Stance</p>	<p>perform ball handling skills well, with awareness of space & others</p> <p>play a game successfully, -apply some tactics to outwit opponents</p>	<p>Intro: Tennis Lesson focus: Hand-eye co-ordination and Backhand</p> <p>Warm up- Racket and Ball skills 1 ball and 1 racket each. Intro: how hold racket: -Walk with ball on racket strings. -Traffic lights game - Hunter game</p> <p>Stretch – Static (Teacher led)</p> <p>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</p> <p>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.</p> <p>Skill Development – Backhand – Focus on controlled hitting Pairs: 2 cones approx. 2 metres apart. 1 ball and racket per pair</p>	

								<p>-Intro: Backhand technique: Give KTPs Person 1 – feeds ball via short overarm throw, ball bounces, Person 2 returns to P1.. Swap after 3 mins</p> <p>-Intro: Competition – have many balls can you hit/partner catch in 1min. 1pt hit, 1 pt catch. Swap 1 min.</p> <p>Skill Development – Backhand – Focus on hitting to space. Set-up: 4s : 2 cones approx. 2m apart. 1 ball and racker per four.</p> <p>-Intro: Mini games – Feeder, Hitter, 1 point per run. Swap after 2 mins.</p> <p>Plenary: Q & A – linked to LO and LLS</p>
Week Three	<p>Can you demonstrate the ‘ready position’ means?</p> <p>Can you explain how it helps us react to the ball?</p> <p>Can you perform a forehand and backhand from the ready position?</p>	<p>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</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Be able to demonstrate the ‘ready position’</p> <p>Be able to give 2 reasons why Ready position helps to react to the ball.</p> <p>Be able to move quickly from the ready position when returning a ball with a forehand or backhand shot</p>	<p>Teacher led demo, followed by student experimental practice</p> <p>Teacher led demo, followed by pair work practice and feedback.</p>	<p>Racket Strings Grip</p> <p>Bounce Forehand Control Stance Ready Position</p>	<p>perform ball handling skills well, with awareness of space & others</p> <p>play a game successfully, -apply some tactics to outwit opponents</p>	<p>Recap: Tennis Lesson focus: Ready Position</p> <p>Warm up- Racket and Ball skills 1 ball and 1 racket each. -walk with ball on racket strings. - Gears game -hunter game</p> <p>Stretch – Static (Teacher led)</p> <p>Skill Develop – Racket and Ball skills 1 ball and 1 racket each. -Bounce ball on racket: -Capture –racket bounce. 5 no ball - bounce ball on floor -Capture - floor bounce– 5 no balls.</p> <p>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</p>	

								<p>sideways to do a either forehand or backhand; returns ball to feeder. Repeat above.</p> <p><u>Skill Develop– Ready Position +Game</u> Fours: 2 cones approx. 2 metres apart. 1 ball and racker per four. -Reacp: 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.</p> <p><u>Plenary:</u> Q & A – linked to LO and LLS Set-up: all sat/stood behind cones</p>
--	--	--	--	--	--	--	--	---

			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	<p>Pupils should be taught to:</p> <p>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</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their</p>	<p>To learn how to correctly hold and grip a tennis racket</p> <p>To start to develop the ability to react to the flight and position of the ball in simple activities</p>	<p>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</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Know and show how to hold a tennis racket correctly</p> <p>Be able to demonstrate control of a ball when bouncing ball up and down on racket strings</p> <p>Be able to demonstrate and give teaching points for returning a ball with a forehand shot</p>	<p>Teacher led demonstration, pupil replication</p> <p>Teacher led demo, followed by student experimental practice</p> <p>Teacher led demo, followed by pair work practice and feedback.</p>	<p>Racket Strings Grip</p> <p>Bounce Forehand Control Stance</p>	<p>perform ball handling skills well, with awareness of space & others</p> <p>play a game successfully, -apply some tactics to outwit opponents</p>	<p>Intro: Tennis Lesson focus: Hand-eye co-ordination and Forehand</p> <p>Warm up- Racket and Ball skills 1 ball and 1 racket each. Intro: how hold racket: -Walk with ball on racket strings. -Traffic lights game - Hunter game</p> <p>Stretch – Static (Teacher led)</p> <p>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</p> <p>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.</p> <p>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 1min. 1pt hit, 1 pt catch. Swap 1 min.</p> <p>Skill Development – Forehand – Focus on hitting to space. Set-up: 4s : 2 cones approx. 2m apart. 1 ball and racket per four. -Intro: Mini games – Feeder, Hitter,</p>

	personal best							1 point per run. Swap after 2 mins. Plenary: Q & A – linked to LO and LLS
Week Two		<p>To learn how to be ready to react to the speed, flight and direction of a ball</p> <p>To start to learn how to send the ball forwards into space</p>	<p>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</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Know and show how to hold a tennis racket correctly</p> <p>Be able to demonstrate better control of a ball when bouncing ball up and down on racket strings</p> <p>Be able to demonstrate and give teaching points for returning a ball with a backhand shot</p>	<p>Teacher led demonstration, pupil replication</p> <p>Teacher led demo, followed by student experimental practice</p> <p>Teacher led demo, followed by pair work practice and feedback.</p>	<p>Racket Strings Grip</p> <p>Bounce Backhand Control Stance</p>	<p>perform ball handling skills well, with awareness of space & others</p> <p>play a game successfully, -apply some tactics to outwit opponents</p>	<p>Intro: Tennis Lesson focus: Hand-eye co-ordination and Backhand</p> <p>Warm up- Racket and Ball skills 1 ball and 1 racket each. Intro: how hold racket: -Walk with ball on racket strings. -Traffic lights game - Hunter game</p> <p>Stretch – Static (Teacher led)</p> <p>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</p> <p>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.</p> <p>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.</p> <p>Skill Development – Backhand – Focus on hitting to space. Set-up: 4s : 2 cones approx. 2m apart. 1 ball and racket per four. -Intro: Mini games – Feeder, Hitter, 1 point per run. Swap after 2 mins.</p> <p>Plenary: Q & A – linked to LO and LLS</p>

Week Three		To learn the basic technique for a forehand drive and be able send the ball with the racket to 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	Be able to demonstrate the 'ready position'	Teacher led demo, followed by student experimental practice	Racket Strings Grip	perform ball handling skills well, with awareness of space & others	<p>Recap: Tennis Lesson focus: Ready Position</p> <p>Warm up- Racket and Ball skills 1ball and 1 racket each. -walk with ball on racket strings. - Gears game -hunter game</p> <p>Stretch – Static (Teacher led)</p> <p>Skill Develop – Racket and Ball skills 1 ball and 1 racket each. -Bounce ball on racket: -Capture –racket bounce. 5 no ball - bounce ball on floor -Capture - floor bounce– 5 no balls.</p> <p>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.</p> <p>Skill Develop– Ready Position +Game Fours: 2 cones approx. 2 metres apart. 1 ball and racker per four. -Reacp: 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.</p> <p>Plenary: Q & A – linked to LO and LLS Set-up: all sat/stood behind cones</p>
		To develop an ability to move around the court to return the ball to my partner	compare their performances with previous ones and demonstrate improvement to achieve their personal best	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 pair work practice and feedback.	Bounce Forehand Control Stance Ready Position	play a game successfully, -apply some tactics to outwit opponents	

		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	<p>Pupils should be taught to:</p> <p>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</p> <p>compare their performances with previous</p>	<p>Can you demonstrate the ready position</p> <p>Can you demonstrate the forehand drive and be able to use this to hit the ball into space</p> <p>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?</p>	<p>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</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Be able to demonstrate the 'ready position' and forehand position</p> <p>Be able to give 2 reasons why Ready position helps to react to the ball.</p> <p>Be able to move quickly from the ready position when returning a ball with a forehand shot</p>	<p>Teacher led demo, followed by student experimental practice</p> <p>Teacher led demo, followed by pair work practice and feedback.</p>	<p>Grip Racket Ready position Space Bounce Forehand Rally Return Net Court Rules</p>	<p>show use of refined skills appropriate to different games</p> <p>use a bat/racket/or part of my body to hit ball into space</p> <p>know how/where to send a ball/object according to game situation</p>	<p>Recap: Tennis Lesson focus: Ready Position and forehand</p> <p>Warm up- Racket and Ball skills Walk around with ball on racket strings. Traffic lights Hunter</p> <p>Stretch – Static (Teacher led)</p> <p>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 30secs.</p> <p>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.</p> <p>Skill Development – Rally's – Focus on controlled Pairs – each side of the net. 1 racket each, 1 ball per pair. -Intro: Rally: short overarm throw start. Keep rally going Use forehand. Ready position between</p> <p>Skill Development – Games– Focus on space Fours –play doubles. 1 racket each, 1 ball per 4.</p>

	ones and demonstrate improvement to achieve their personal best							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
Week Two	<p>Can you demonstrate the ready position between shots?</p> <p>Can you demonstrate the backhand drive and be able to use this to hit the ball into space</p> <p>Can you show the ability to respond to the flight and position of the ball to make a return on your forehand and backhand with your racket</p>	<p>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</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Be able to demonstrate the ‘ready position’ and forehand and backhand position</p> <p>Be able to give reasons why Ready position helps to react to the ball.</p> <p>Be able to move quickly from the ready position when returning a ball with a forehand and backhand shot</p>	<p>Teacher led demo, followed by student experimental practice</p> <p>Teacher led demo, followed by pair work practice and feedback.</p>	<p>Grip Racket Ready position Space Bounce Forehand Backhand</p> <p>Rally Return Net Court Rules</p>	<p>show use of refined skills appropriate to different games</p> <p>use a bat/racket/or part of my body to hit ball into space</p> <p>know how/where to send a ball/object according to game situation</p>	<p>Recap: Tennis Lesson focus: Ready Position and Backhand</p> <p>Warm up- Racket and Ball skills Walk around with ball on racket strings. Traffic lights Hunter</p> <p>Stretch – Static (Teacher led)</p> <p>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.</p> <p>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.</p> <p>Skill Development – Rally’s – Focus on controlled Pairs – each side of the net. 1 racket each, 1 ball per pair. -Intro: Rally: short overarm throw start. Keep rally going Use forehand and backhand, Ready position between.</p> <p>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.</p> <p>Plenary: Q & A – linked to LO and LLS Set-up: all sat/stood behind cones</p>	

Week Three		<p>Can you demonstrate a basic serve action?</p> <p>Can you play a game of using rules and techniques to outwit an opponent?</p>	<p>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</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Be able to demonstrate the serve</p> <p>Be able to give teaching points for the serve.</p> <p>Be able to play a game, applying the rules and using forehand and backhand shots to outwit an opponent.</p>	<p>Teacher led demo, followed by student experimental practice</p> <p>Teacher led demo, followed by pair work practice and feedback.</p>	<p>Grip Racket Ready position Space Bounce Forehand Backhand</p> <p>Rally Return Net Court Rules Serve</p>	<p>show use of refined skills appropriate to different games</p> <p>use a bat/racket/or part of my body to hit ball into space</p> <p>know how/where to send a ball/object according to game situation</p>	<p>Recap: Tennis Lesson focus: Serve and Games</p> <p>Warm up- Racket and Ball skills Walk around with ball on racket strings. Sharks – run to hoop when call out ‘shark’</p> <p>Stretch – Static (Teacher led)</p> <p>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</p> <p>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</p> <p>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.</p> <p>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.</p> <p>Plenary: Q & A – linked to LO and LLS</p>
------------	--	--	--	--	--	--	--	---

		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	<p>Pupils should be taught to:</p> <p>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</p> <p>compare their performances with previous ones and demonstrate improvement</p>	<p>To recap the correct technique for a forehand drive and be able to use this to hit the ball into space</p> <p>To show an understanding of the importance of being able to react to the flight and position of the ball.</p>	<p>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</p> <p>compare their performances with previous ones and demonstrate improvement to achieve</p>	<p>Be able to demonstrate the 'ready position' and forehand position</p> <p>Be able to give 2 reasons why Ready position helps to react to the ball.</p> <p>Be able to move quickly from the ready position when returning a ball with a forehand shot</p>	<p>Teacher led demo, followed by student experimental practice</p> <p>Teacher led demo, followed by pair work practice and feedback.</p>	<p>Grip</p> <p>Racket</p> <p>Ready position</p> <p>Space</p> <p>Bounce</p> <p>Forehand</p> <p>Rally</p> <p>Return</p> <p>Net</p> <p>Court</p> <p>Rules</p>	<p>perform /apply skills in additional net/wall game (e.g. badminton/tennis)</p> <p>choose & use combinations of skills confidently in several games</p> <p>Combine & perform/adapt skills to the situation in a game</p>	<p>Recap: Tennis Lesson focus: Ready Position and forehand</p> <p>Warm up- Racket and Ball skills Walk around with ball on racket strings. Traffic lights Hunter</p> <p>Stretch – Static (Teacher led)</p> <p>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 30secs.</p> <p>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.</p> <p>Skill Development – Rally's – Focus on controlled Pairs – each side of the net. 1 racket each, 1 ball per pair.</p>

	to achieve their personal best		their personal best					<p>-Intro: Rally: short overarm throw start. Keep rally going Use forehand. Ready position between</p> <p><u>Skill Development – Games– Focus on space</u> 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.</p> <p><u>Plenary:</u> Q & A – linked to LO and LLS</p>
Week Two		<p>To learn the basic technique for a backhand in tennis</p> <p>To start to select the correct skill (forehand or backhand) for the situation when playing with a partner</p>	<p>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</p> <p>compare their performances with previous ones and demonstrate improvement to achieve</p>	<p>Be able to demonstrate the 'ready position' and forehand and backhand position</p> <p>Be able to give reasons why Ready position helps to react to the ball.</p> <p>Be able to move quickly from the ready position when returning a ball with a forehand and backhand shot</p>	<p>Teacher led demo, followed by student experimental practice</p> <p>Teacher led demo, followed by pair work practice and feedback.</p>	<p>Grip Racket Ready position Space Bounce Forehand Backhand</p> <p>Rally Return Net Court Rules</p>	<p>perform /apply skills in additional net/wall game (e.g. badminton/tennis)</p> <p>choose & use combinations of skills confidently in several games</p> <p>Combine & perform/adapt skills to the situation in a game</p>	<p><u>Recap: Tennis</u> Lesson focus: Ready Position and Backhand</p> <p><u>Warm up- Racket and Ball skills</u> Walk around with ball on racket strings. Traffic lights Hunter</p> <p><u>Stretch – Static (Teacher led)</u></p> <p><u>Skill Develop – Racket and Ball skills</u> 1ball and 1 racket each. Walk around with ball on racket strings. Gears Game Capture Game – bounding up. 5 no balls.</p> <p><u>Skill Develop– Ready Position and backhand</u> 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.</p> <p><u>Skill Development – Rally's – Focus on controlled</u></p>

			their personal best					<p>Pairs – each side of the net. 1 racket each, 1 ball per pair.</p> <p>-Intro: Rally: short overarm throw start. Keep rally going</p> <p>Use forehand and backhand, Ready position between.</p> <p><u>Skill Development – Games– Focus on space</u></p> <p>Fours –play doubles. 1 racket each, 1 ball per 4.</p> <p>Intro: Games: short arm throw to start. Hit to space. First to 5 points - explain how points scored.</p> <p><u>Plenary:</u> Q & A – linked to LO and LLS</p> <p>Set-up: all sat/stood behind cones</p>
Week Three		<p>To learn how to start a game of tennis, using a basic serve action</p> <p>To apply knowledge of tactics and rules to play in a competitive situation against peers</p>	<p>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</p> <p>compare their performances with previous</p>	<p>Be able to demonstrate the serve</p> <p>Be able to give teaching points for the serve.</p> <p>Be able to play a game, applying the rules and using forehand and backhand shots to outwit an opponent.</p>	<p>Teacher led demo, followed by student experimental practice</p> <p>Teacher led demo, followed by pair work practice and feedback.</p>	<p>Grip</p> <p>Racket</p> <p>Ready position</p> <p>Space</p> <p>Bounce</p> <p>Forehand</p> <p>Backhand</p> <p>Rally</p> <p>Return</p> <p>Net</p> <p>Court</p> <p>Rules</p> <p>Serve</p>	<p>perform /apply skills in additional net/wall game (e.g. badminton/tennis)</p> <p>choose & use combinations of skills confidently in several games</p> <p>Combine & perform/adapt skills to the situation in a game</p>	<p><u>Recap: Tennis</u></p> <p><u>Lesson focus: Serve and Games</u></p> <p><u>Warm up- Racket and Ball skills</u></p> <p>Walk around with ball on racket strings.</p> <p>Sharks – run to hoop when call out ‘shark’</p> <p><u>Stretch – Static (Teacher led)</u></p> <p><u>Skill Develop – Racket and Ball skills</u></p> <p>Bounce ball on racket:</p> <p>Capture: bounce ball on racket. 5 people no ball</p> <p>Bounce ball on floor:</p> <p>Capture: bounce ball on ground. 5 people no ball</p> <p><u>Skill Develop – Serving – Focus on ball throw</u></p> <p>Pairs: 1 cone. 1 ball and racket per pair</p> <p>-Intro : Ball throw for a serve: Give KTPs</p> <p>Player – throws ball up with non-racket hand, gets it to try and land on racket by feet.</p> <p>Partner – gives them feedback- Swap after 2 min</p>

			ones and demonstrate improvement to achieve their personal best					<p><u>Skill Development – Serving – focus on hitting</u> 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.</p> <p><u>Skill Development – Rally’s – Focus on starting with a serve and controlled hitting</u> 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.</p> <p><u>Plenary:</u> Q & A – linked to LO and LLS</p>
--	--	--	---	--	--	--	--	--