

Tennis

Key unit objectives	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Step 1	Move into space.		Can watch, track, and catch a tennis ball successfully.		To demonstrate a good ready position and fast paced movements.	
Step 2	To control your body when moving.		To move changing direction and speed.		To vary shot selection – speed, height, direction.	
Step 3	To control the tennis ball with hands.		To balance a tennis ball on a racket.		To play shots on the forehand and backhand side of the body.	
Step 4	To track different size balls.		To hit the tennis ball with some control.		To use a variety of different shots, and serves, hitting with increasing consistency.	
Step 5	To copy actions.		To perform a forehand serve using the correct grip.		To employ some tactics in games.	
Step 6	To hit a ball with hands.		To hit a ball into space (at different speeds and heights) to try beat an opponent.		To participate in a successful rally.	
Declarative knowledge	Describe what you have seen others doing. Understand why being active is good for you.		Compete with others – Keeping and following the rules of the game. Identify what you do well and what you find difficult. Understand the link between heart rate and		Identify spaces and understand the tactic of hitting into gaps. Watch and evaluate the success of games, being able to explain why a performance is good, and what part of a performance could	

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			breathing when exercising.		be improved and why.	
Procedural knowledge	<p>Engage in cooperative physical activities.</p> <p>Explore different ways to use and move with the ball – showing control with simple actions and basic control when striking a ball.</p> <p>Catch/stop and send/pass a ball – developing technique of throwing and receiving.</p> <p>Understand the concept of moving to get in line with a ball to receive it.</p> <p>Move fluently, changing direction and speed.</p>		<p>Perform basic skills needed for the games with control and accuracy, including throwing and stopping the ball.</p> <p>Perform a basic forehand action.</p> <p>Throw/ Send a ball using a variety of techniques.</p> <p>Take up space/ positions that make it difficult for opponents.</p> <p>Keep a rally going.</p>		<p>Hit the ball with purpose.</p> <p>Play shots on the forehand and backhand side of your body.</p> <p>Direct the ball towards the opponent’s court or target area.</p> <p>Participate in competitive games, modified where appropriate.</p> <p>Use good footwork that allows the ball to be hit with good technique.</p> <p>Adopt a good ready position and show good position on court.</p>	
Vocabulary	<ul style="list-style-type: none"> • Aim • Aiming • Balance • Ball Control • Bounce • Move • Control • Experiment • Racket 		<ul style="list-style-type: none"> • Swing • Cooperative • Cooperative Movement • Partner • Direction • Send • Catch • Court target 		<ul style="list-style-type: none"> • Court Target • Backhand • Rally • Power • Service • Cooperative • Competitive • Follow through 	

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	<ul style="list-style-type: none">• Receive• Roll• Score• Send• Swing• Throw• Underarm		<ul style="list-style-type: none">• Power• Accuracy• Space• Free Space• Control• Bounce• Aim		<ul style="list-style-type: none">• Respond• Decision Making• Teamwork• Doubles• Feedback• Position	
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