

Tennis

Key unit objectives	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Step 1	Move into space.	Change direction when moving.	Can watch, track, and catch a tennis ball successfully.	Can watch, track, and catch a tennis ball successfully.	To demonstrate a good ready position and fast paced movements.	To know and describe the correct grip and stance when holding a racket.
Step 2	To control your body when moving.	To control your body and equipment.	To move changing direction and speed.	To move effectively to get in a good position.	To vary shot selection - speed, height, direction.	To adopt a good ready position & move with purpose.
Step 3	To control the tennis ball with hands.	To catch a tennis ball.	To balance a tennis ball on a racket.	To perform a basic forehand action with increasing accuracy.	To play shots on the forehand and backhand side of the body.	To play shots overhead and on the forehand and backhand side of the body.
Step 4	To track different size balls.	To run and jump on the balls of your feet.	To hit the tennis ball with some control.	To perform a basic backhand shot with increasing accuracy.	To use a variety of different shots, and serves, hitting with increasing consistency.	To hit the ball accurately and with control whilst moving at a quick pace.
Step 5	To copy actions.	To hit a ball with hands and racket.	To perform a forehand serve using the correct grip.	To hit a tennis ball into space (at different speeds and heights) to try beat an opponent.	To employ some tactics in games.	To employ tactics in games.
Step 6	To hit a ball with hands.	To compete against yourself and others	To hit a ball into space (at different speeds and heights) to try beat an opponent.	To keep a rally going using a range of shots.	To participate in a successful rally.	To participate in games following the rules and scoring correctly.
Declarative knowledge	Describe what you have seen others doing. Understand why being active is good for you.	Understand and follow the rules of the game. Watch and describe a performance accurately. Use	Compete with others - Keeping and following the rules of the game. Identify what you do well and what you find difficult.	Recognise and explain good performances and learn how to recognise and evaluate your own success.	Identify spaces and understand the tactic of hitting into gaps. Watch and evaluate the success of	Explain how your body reacts and feels when taking part in different activities and undertaking different roles.

Tennis

		actions and ideas you have seen to improve your own skills. Begin to understand the importance of preparing safely and carefully for exercise -warming up.	Understand the link between heart rate and breathing when exercising.	Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising.	games, being able to explain why a performance is good, and what part of a performance could be improved and why.	Evaluate your own success and areas of improvement, as well as others. Create short warm up routines that follow basic principles e.g. raise body temperature, mobilise joints and muscles.
Procedural knowledge	Engage in cooperative physical activities. Explore different ways to use and move with the ball - showing control with simple actions and basic control when striking a ball. Catch/stop and send/pass a ball - developing technique of throwing and receiving. Understand the concept of moving to get in line with a ball to receive it. Move fluently, changing direction and speed.	Engage in cooperative and competitive physical activities (both against self and against others). Use and move with a tennis racket with control. Perform a range of actions including catching/ gathering skills and sending/passing with control and throw/ hit a ball in different ways e.g. high, low, fast, slow. Choose and use skills and simple tactics to suit different situations - showing good	Perform basic skills needed for the games with control and accuracy, including throwing and stopping the ball. Perform a basic forehand action. Throw/ Send a ball using a variety of techniques. Take up space/ positions that make it difficult for opponents. Keep a rally going.	Perform basic skills needed for the games with control and accuracy, including hitting a ball towards a target. Perform a basic forehand action with control and accuracy. Send/ hit a ball into space, at different speeds and heights to make it difficult for your opponent. Begin to apply basic movements in a range of activities and in combination. Apply basic principles for attacking including finding and using space in game situations.	Hit the ball with purpose. Play shots on the forehand and backhand side of your body. Direct the ball towards the opponent's court or target area. Participate in competitive games, modified where appropriate. Use good footwork that allows the ball to be hit with good technique. Adopt a good ready position and show	Hit the ball with purpose, varying speed, height, and direction. Direct the ball towards the opponent's court or target area. Perform skills such as forehand and backhand shots with control and confidence. Apply the principles of attacking. Participate in competitive games, modified where appropriate. Adopt a good ready position and show good position on court.

Tennis

		awareness of others.		Keep a rally going using a range of shots	good position on court.	
Vocabulary	• Aim • Aiming • Balance • Ball Control • Bounce • Move • Control • Experiment • Racket • Receive • Roll • Score • Send • Swing • Throw • Underarm	• Racket • Balance • Ball control • Opposition • Swing • Score • Positioning • Movement • Aiming • Accuracy • Rolling • Send • Throw • Bounce • Competition • Underarm • Ready position • Bounce feed • Receive • • Cooperate	• Swing • Cooperative • Movement • Partner • Direction • Send • Catch • Court target • Power • Accuracy • Space • Free Space • Control • Bounce • Aim	• Swing • Aim • Cooperative play • Movement • Partner • Direction • Send • Position • Court target • Power • Accuracy • Direction • Free Space • Control • In line • • Racket	• Court Target • Backhand • Rally • Power • Service • Cooperative • Competitive • Follow through • Respond • Decision • Making • Teamwork • Doubles • Feedback • Position	• Strategy • Defence • Attack • Height • Travel • Positioning • On Court • React • Singles • Service • Backswing • Overhead • Selection • Respond • Evaluate