



Net and wall games (tennis)

Lesson sequence

Refine forehand and backhand

Introducing the volley

Developing and placing the volley

Introduce the underarm serve

2v2 Doubles

2v2 Doubles Ladder Tournament

Concept Links/Prior Knowledge

Year 3 - explore how to apply the principles of attack vs defence in order to win a game of tennis. Pupils will understand where and why we throw/hit the ball on the court and be introduced to basic shot techniques.

Year 4 - develop pupils' ability to apply the principles of attack vs defence in order to win a game of tennis. Pupils will create space to win points and apply the developing racket skills using forehand and backhand techniques.

Sticky learning

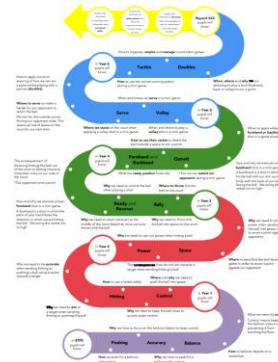
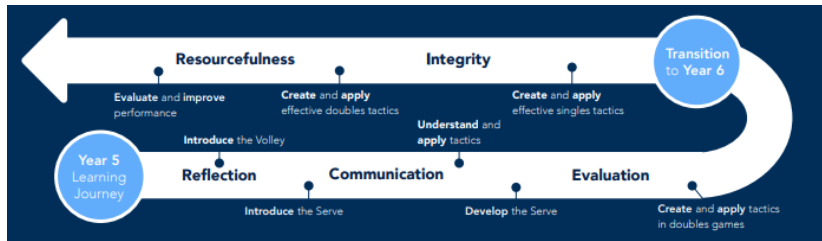
New Knowledge

- To know how to send the ball high over an opponent's head.
- To send the ball high over an opponent's head for the ball to land inside the base line.
- To know how to work as a member of a team covering the court.
- To know how to intercept a pass and know the impact.
- Know techniques for volley, backhand and forehand.
- Know how and why we warm up using dynamic stretching, and cool down.

New Skills

- To demonstrate and use the correct grip of the racket and understand how and why to get into the ready position after every stroke.
- Refine hand/eye coordination through range of tasks.
- Understand how to serve effectively and set up attacking principles.
- To understand how to use different shots to outwit an opponent in a game.
- To accurately serve underarm, and have receiving ready position.
- Develop rallying with a partner, focusing on accuracy of strokes.
- Develop a variety of shots (forehand/backhand/smash) and explore when different shots should be played in game situation.
- To develop knowledge, understanding and application of positions for singles, doubles or team games, and be able to apply basic rules and scoring systems.
- To play a competitive singles and doubles tennis game on a modified court, applying simple rules.
- To develop accuracy and consistency for ground strokes and volleys.
- Serve with overarm technique if confident.
- Understand how to move opponent around the court and how to apply pressure to weaknesses.
- To use the scoring system and court for singles tennis, and apply within competitive modified matches.
- Take responsibility for safe use and care of equipment.

Visual representations



Rules

Pupils start the game with a serve from the baseline. The ball must land 'in' on their opponents' side of the court, in the box diagonally opposite from where they served.

If pupils do not serve the ball over the net or land the ball 'in' on their opponents' side of the court, in the box diagonally opposite from where they served their opponent wins a point.

Pupils win a point if their opponent (underarm throws) or hits the ball directly out of the court or their opponent fails to return the ball over the net.

Pupils win a point if they return the ball over the net, landing it 'in' on their opponents' side of the court and it bounces twice.

During a doubles tournament pupils take turns to serve

Vocabulary revision

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal

Outwit: means using your intelligence to trick or out smart your opponent to win a point

Space: is an open area on the court that is unoccupied by your opponent. This could be at the side, front or back of the court.

Forehand: A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the ball.

Backhand: A backhand is a shot in which you hit the ball with your arm across your body and the back of your hand facing the ball.

Volley: Is a shot hit by a player before the ball bounces on their own side of the court. This shot is usually applied when a player is close to the net.

Serve: Is the method of starting a game of tennis. A pupil serves from the baseline and the ball must be hit diagonally into the opponent's service box.

Accuracy: is the ability to control where we hit the ball on our opponents side of the court.