

### Links to PE National Curriculum

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success

### Key Vocabulary

Space	Reactions	Serving	Return
Rally	Court	Net	Accuracy

### Key skills

#### Physical

- Running
- Catching
- Throwing
- Striking
- Agility balance, coordination,

#### Social & Emotional

- Sportsmanship and fair play
- Resilience
- Collaboration

#### Thinking

- Decision making
- Understanding rules & techniques

### Key Principles of Net/Wall games

Attacking	Defending
<ul style="list-style-type: none"><li>• Scoring points</li><li>• Aiming for space</li><li>• Placement of an object</li></ul>	<ul style="list-style-type: none"><li>• Limiting points</li><li>• Limiting space</li><li>• Returning an object consistently</li></ul>

### Key rules

#### One bounce

In tennis, the ball is allowed to bounce once before returning.

Failing to return after one bounce results in conceding a point to your opposition

#### Court

The court is the playing space in which tennis is played, split in two halves by a net.

The ball must land in the court on your opponents half after striking the ball

#### Scoring

Scoring options:

- Opponent fails to return the ball over the net
- Opponent fails to return the ball after one bounce
- Opponent lands the ball outside the court markings

### Glossary

#### Serving

A serve is the technique used to start a game.

Throughout this unit we will explore a bounce serve

#### Returning

A return is the technique used to strike a moving ball.

There are two basic types of return shot:

- Forehand
- Backhand

#### Rally

Striking the ball back and forth **continuously** with your opponent

### Key questions

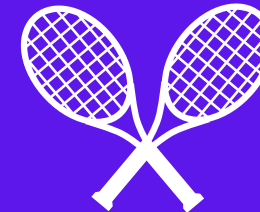
1. What technique/shot do we use to start a tennis match?
2. What technique/shot do we use to strike a moving tennis ball?
3. What do we call a sequence of continuous shots between opponents?

### By the end of the unit I should...

- Have a basic understanding of principles for net/wall games
- Have a basic understanding of serving and returning techniques
- Start to display skills in skill specific tasks and games



# Learning Journey – Y3 Tennis



Whole child criteria: **Head** | **Hand** | **Heart**

## Year 2 (net/wall games)

- I can link actions together for example running, throwing and catching
- I can start to apply the correct action into games/tasks
- I am starting to show an understanding of what success looks like and how to improve
- I can coordinate my body to complete different tasks and challenges
- I can use a range of basic fundamental movement skills including running, jumping & throwing with control and some consistency
- I can demonstrate throwing and striking accuracy
- I can combine throwing/striking and catching skills in games
- I can receive with some consistency
- I can work collaboratively with others
- I can display patience and resilience when completing tasks
- I am willing to help others and receive feedback
- I have a basic understanding of what happens to my body as we exercise

## Year 3

- I have an understanding of basic techniques used in net/wall games
- I understand the importance of targeting space in 'attack'
- I am willing to receive feedback, and act on it to further develop my skills
- I can serve a ball with some control and consistency
- I can strike/return a moving ball with control and some consistency
- I am showing mastery in most, if not all FMS from KS1 including:
  - Running
  - Balance
  - Throwing
  - Catching
  - Striking
- I can display resilience and effort when learning new skills
- I can play fairly with & against others in small games

## Year 4

- I understand and can display a range of techniques used in net/wall games
- I have developed an understanding of basic strategies and tactics
- I can identify areas of strength and improvement in myself and others and offer feedback to improve
- I can serve/return a ball with greater control using different techniques
- I can start to maintain a rally with a partner
- I can start to apply skills into collaborative and competitive games
- I can work collaboratively and competitively with others
- I display effort in my work and show greater confidence in my actions

## Other prior learning units (with similar transferrable skills)

- Fundamental movement skills
- Target games
- Ball skills
- Strike, catch, field
- Net/Wall games

## Progression of physical skills

### Year 2

- Running (M)
- Galloping (M)
- Side stepping (M)
- Jumping (M)
- Hopping (M)
- Rolling a ball (M)
- Throwing a ball (M)
- Kicking a ball (M)
- Catching skills (M)
- Starting to strike/ball a moving ball



### Year 3

- Pupils will continue to develop, combine and apply throwing and receiving skills
- Pupils show mastery in most, if not all fundamental movement skills from KS1
- Pupils will develop agility, balance and coordination
- Pupils will develop hand-eye coordination
- Pupils will explore the use of different equipment when playing games



### Year 4

- Pupils will start to explore more specific serving and returning skills
- Pupils will start to combine striking skills with their agility, balance and coordination to explore rallying
- Pupils will apply the following skills: agility, balance, coordination, striking, catching, throwing