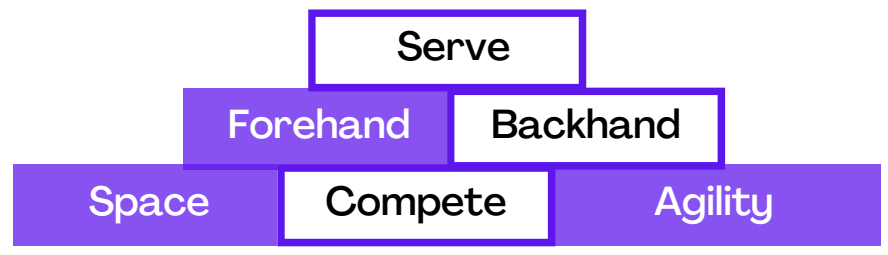


Links to PE National Curriculum

- 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



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
• Scoring points	• Limiting points
• Limiting Limiting into into space	• Limiting space
• Not Returning getting an object	• Returning an object consistently

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 techniques/shots do we use to strike a moving tennis ball?
3. How can we score points in a tennis match?

By the end of the unit I should...

- Have a basic understanding of scoring points in tennis
- Have a more developed understanding of serving and returning techniques
- Start to apply skills with some consistency in 1v1 games