

National Statutory Requirements

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 and sequences of movement. 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.

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Series of Lessons

- Develop hand eye co-ordination
- Develop ball control using a tennis racquet
- Learn and develop Forehand technique
- Learn and develop backhand technique
- Learn, develop and demonstrate a tennis serve
- To maintain a controlled rally with a partner
- Develop efficient use of communication with their peers
- Participating in mini tennis matches

Unit Outcome

Children will learn the basic tennis racquet skills.

Also learning the forehand, backhand and serve techniques.

Then demonstrate their understanding through the *teach, coach, do* strategy.

PE



Tennis

Year 5

Curriculum Progression

The children will be taught to:

- How to use a tennis racquet correctly and safely.
- Use the correct striking techniques.
- To apply the correct amount of force and control to a target.
- Practice techniques and apply them to a rally.
- Learn the techniques of serving and apply with control.
- To be able demonstrate and teach forehand, backhand and serve techniques with confidence.

All children will be given the opportunity to self and peer evaluate performances, developing their key vocabulary whilst doing so.

Vocabulary

Racquet
Ball
Forehand
Backhand
Serve
Control
Rally
Stance
Balance
Grip

TIPS:
Knees to trees
Flat racquet
Control strikes
Eyes on the
Ball

Resources

Tennis racquets
Tennis balls
Soft balls
Cones
Bean bags