

## 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
- To maintain a controlled rally with a partner.
- Participating in mini tennis matches.

PE



Net and Wall - Tennis

Year 3

## Unit Outcome

Children will learn the basic tennis racquet skills.  
Also learning the forehand and backhand techniques.

## 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.

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