



Tennis Medium Term Plans Lower Key Stage Two

Key Stage:	KS1	Unit	Tennis
<u>Prior Learning Required – EYFS</u>			
<ul style="list-style-type: none"> Begins to accept the needs of others and can take turns and share, sometimes with the support of others. Showing increased control when catching a ball. Shows increasing control over an object, pushing, passing, throwing, catching, or kicking it. Moves freely and with pleasure and confidence in a range of skilful ways. Able to respond to simple instructions, showing a good understanding of safety when using tools and equipment. 			
<u>National Curriculum Links</u>	1a: Master basic movements including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities.	<u>Pillars of Progression</u>	<ul style="list-style-type: none"> Development of Motor Competence and Fundamental Movement Skills. Making safe decisions in contact with equipment and classmates.
<u>Key Unit Objectives</u>	<ul style="list-style-type: none"> Step 1: Can watch, track and catch a tennis ball successfully. Step 2: To perform a basic forehand action with increasing control. Step 3: To perform a basic backhand shot with increasing control. Step 4: To keep a rally going using a range of shots. Step 5: To hit a ball into space (at different speeds and heights) to try to beat an opponent. Step 6: To compete with others. 	<u>Progression</u>	<u>Declarative Knowledge</u>
			<u>Procedural Knowledge</u>
			<ul style="list-style-type: none"> Choose and use skills and simple tactics to suit different situations. Understand and follow the rules of the game. Watch and describe a performance accurately. Use actions and ideas you have seen to improve your own skills.
			<ul style="list-style-type: none"> Engage in cooperative and competitive physical activities (both against self and against others) Explore different ways to use and move with the ball – showing control with simple actions and basic control when striking a ball. (Then add a tennis racket) Perform a range of actions including catching / gathering skills and sending/passing with control and throw / hit a ball in different ways e.g. high, low, fast, slow Understand the concept of moving to get in line with a ball to receive it. Move fluently, changing direction and speed – showing good awareness of others. Use correct skills and basic tactics in games to meet the challenges of the game, or in response to your opponent's actions.

<u>Resources and Equipment</u>	Tennis balls, tennis rackets, hoops, nets	<u>Key Vocabulary</u>	Tennis racket, Low, high, balance, ball control, control, racket, score, positioning, movement, aiming, accuracy, rolling, send, throw, bounce, catch, underarm, ready position, bounve feed, receive, cooperate
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Tennis Medium Term Plans Lower Key Stage Two

Key Stage:	LKS2	Unit	Tennis
<u>Prior Learning Required – EYFS and KS1</u>			
<ul style="list-style-type: none"> • Explore different ways to use and move with the ball – showing control with simple actions and basic control when striking a ball. (Then add a tennis racket.) • Perform a range of actions including catching/ gathering skills and sending/passing with control and throw/ hit a ball in different ways e.g. high, low, fast, slow. • Understand the concept of moving to get in line with a ball to receive it. • Choose and use skills and simple tactics to suit different situations. • Understand and follow the rules of the game. • Move fluently, changing direction and speed – showing good awareness of others. • Use correct skills and basic tactics in games to meet the challenges of the game, or in response to your opponent’s actions. 			
<u>National Curriculum Links</u>	2a: use running, jumping, throwing and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their person best.	<u>Pillars of Progression</u>	<ul style="list-style-type: none"> • Continued progress of Motor Competence. • Begin to understand and apply Rules, Strategies and Tactics. • Healthy Participation; making safe decisions and understanding the relationships between physical activity and its effect on the body.
<u>Key Unit Objectives</u>	<ul style="list-style-type: none"> • Step 1: Can watch, track and catch a tennis ball successfully. • Step 2: To perform a basic forehand action with increasing control. • Step 3: To perform a basic backhand shot with increasing control. • Step 4: To keep a rally going using a range of shots. • Step 5: To hit a ball into space (at different speeds and heights) to try to beat an opponent. • Step 6: To compete with others. 	<u>Progression</u>	<u>Declarative Knowledge</u>
			<ul style="list-style-type: none"> • Apply basic principles for attacking including finding and using space in game situations. <u>Procedural Knowledge</u> <ul style="list-style-type: none"> • Perform basic skills needed for the games with control and accuracy, including hitting a ball towards a target, throwing, and stopping the ball. • Perform a basic forehand action with control and accuracy. • Throw/send/ hit a ball into space, at different speeds and heights to make it difficult for your opponent. • Begin to apply basic movements in a range of activities and in combination. • Keep a rally going using a range of shots. • Compete with others – Keeping and following the rules of the game.

Resources and Equipment	Cones, tennis rackets, tennis balls, nets, marker spots.	Key Vocabulary	Swing, cooperative, cooperative play, movement, aim, partner, direction, send, catch, court target, power, accuracy, space, free space, control, bounce, racket.
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Tennis Medium Term Plans Upper Key Stage Two

Key Stage:	UKS2	Unit	Tennis
Prior Learning Required – LKS2			
<ul style="list-style-type: none"> • Perform basic skills needed for the games with control and accuracy, including hitting a ball towards a target, throwing, and stopping the ball. Perform a basic forehand action with control and accuracy. • Throw/Send/ hit a ball into space, at different speeds and heights to make it difficult for your opponent. • Begin to apply basic movements in a range of activities and in combination. • Apply basic principles for attacking including finding and using space in game situations. • Keep a rally going using a range of shots. • Compete with others – Keeping and following the rules of the game. 			
National Curriculum Links	2a: Use running, jumping, throwing and catching in combination. 2b: Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. 2f: compare their performances with previous ones and demonstrate improvements to achieve their personal best.	Pillars of Progression	<ul style="list-style-type: none"> • Continued progress of Motor Competence. • Understanding and applying Rules, Strategies and Tactics. • Healthy Participation; making safe long-term decisions and understanding the relationships between physical activity and its effect on the body.
Key Unit Objectives	<ul style="list-style-type: none"> • Step 1: To know and describe the correct grip and stance when holding a racket. • Step 2: To adopt a good ready position. • Step 3: To play shots on the forehand and backhand side of the body. • Step 4: To use a variety of different shots and serves hitting with increasing control. • Step 5: To employ tactics in games. 	Progression	Declarative Knowledge
			Procedural Knowledge
			<ul style="list-style-type: none"> • Identify spaces and understand the tactic of hitting into gaps. • Watch and evaluate the success of games, bring able to explain why a performance is good and what part of a performance could be improves and why. • Explain how your body reacts and feels when taking part in different activities and undertaking different roles. • Evaluate your own success and areas of improvement as well as others. • Create short warm up routines that follow basic principles, e.g. raise body temperature, mobilise joints and muscles.
			<ul style="list-style-type: none"> • Use good footwork that allows the ball to be hit with good technique. • Play shots on the forehand and backhand side of your body. Direct the ball towards the opponent's court or target area.

	<ul style="list-style-type: none"> Step 6: To participate in games following the rules and scoring correctly. 		<ul style="list-style-type: none"> Hit the ball with purpose, varying speed, height, and direction. Direct the ball towards the opponent's court or target area. Perform skills such as forehand and backhand shots with control and confidence. Apply the principles of attacking. Participate in competitive games, modified where appropriate. Adopt a good ready position and show good position on court.
<u>Resources and Equipment</u>	Tennis rackets, tennis balls, cones, marker spots	<u>Key Vocabulary</u>	Rally, rackets, court target, power, accuracy, free space, control, swing, cooperative play, aim, movement, direction, cooperative, strategy