



# Physical Education

## Tennis Year 3

### Unit Purpose

The unit of work will **explore** how to **apply** the principles of **attack** vs **defence** in order to win a game of tennis.

Pupils will understand where and why we throw/hit the ball on the court and be introduced to basic shot techniques.

### Inspire Me

**Did you know...** The **Grand Slam** tournaments, are the four major and most important annual tennis events. The Grand Slam consists of the Australian Open, French Open, Wimbledon and US Open.



### Key Success Criteria

- P** Pupils will throw/hit the ball into space on their opponents side of the court. After playing a shot pupils will recover to a ready position, ready to return the ball.
- C** Pupils will develop their understanding of where, when and why we throw/hit the ball into spaces on their opponents side of the court.
- S** Pupils will develop life skills such as cooperation and encouragement as they play fairly against others, keeping the score.
- W** Pupils will apply their skills with developing confidence as they grow in their ability to show resilience and determination.

### “ Vocabulary for Learning

**Outwit:** means using your intelligence to trick or out smart your opponent to win a point.

**Space:** is an open area on the court that is unoccupied by your opponent. This could be at the side, front or back of the court.

**Return:** means successfully hitting a ball back over the net, landing it in, on your opponents side of the court

**Recover:** means returning to a position on the court, usually in the middle of the court on the baseline, ready to receive a shot from your opponent.



### Sport Specific Vocabulary

**Baseline:** The baseline runs parallel to the net and defines the back of the court on each side.

**Forehand:** A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the ball.

**Rally:** A rally is a series of returned hits of the ball that ends when either player fails to successfully return the ball.

**Out:** is the term used when the ball is returned over the net and does not bounce on the inside of the court.



# Physical Education

## Tennis Year 4

### Unit Purpose

The unit of work will **develop pupils' ability to apply** the principles of attack vs defence in order to win a game of tennis. Pupils will **create space** to win points and apply the developing racket skills using forehand and backhand techniques.

### Inspire Me

The **Williams sisters**, Venus and Serena are two professional American tennis players who have dominated the women's game since the late 90s. Between them they have won over 60 grand slam titles and 5 Olympic titles.



### Key Success Criteria

- P** Pupils will hit the ball into space on their opponents side of the court, creating space for the next shot that will win them the point.
- C** Pupils will apply an accurate understanding of where, when and why we hit the ball into spaces on their opponents side of the court.
- S** Pupils will develop life skills such as trust and cooperation as they collaborate with others, applying the rules of the game.
- W** Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.

### “ Vocabulary for Learning

**Outwit:** means using your intelligence to trick or out smart your opponent to win a point.

**Space:** is an open area on the court that is unoccupied by your opponent. This could be at the side, front or back of the court.

**Accuracy:** is the ability to control where we hit the ball on our opponents side of the court.

**Power:** is the intensity and speed that a ball is hit.



### Sport Specific Vocabulary

**Baseline:** The baseline runs parallel to the net and defines the back of the court on each side.

**Forehand:** A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the ball.

**Backhand:** A backhand is a shot in which you hit the ball with your arm across your body and the back of your hand facing the ball.

**Rally:** A rally is a series of returned hits of the ball that ends when either player fails to successfully return the ball.

**Out:** is the term used when the ball is returned over the net and does not bounce on the inside of the court.





# Physical Education

## Tennis Year 5

### Unit Purpose

The unit of work will **challenge pupils** to apply their prior learning of playing the ball into space. Pupils will begin to develop their ability to serve and to volley. Pupils will be able to **create tactics in** a doubles game in order to score points and win the game.

### Inspire Me

The '**Big Three**' is a common tennis term for Roger Federer, Rafael Nadal and Novak Djokovic. Between them they won 18 consecutive slam titles between 2005 and 2009. Who is your favourite player and why?



### Key Success Criteria

- P** Pupils will be able to execute a wide range of shots and play the ball into space. Pupils will be able to serve the ball accurately to start the game.
- C** Pupils will understand where to serve and why. Pupils will begin to create, understand and apply tactics in their games.
- S** Pupils will apply effective communication and cooperative skills as they work with their partner in doubles games.
- W** By facilitating learning through doubles games, pupils will be challenged to always try their best, even when they are losing.



### Vocabulary for Learning

**Tactics:** Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

**Outwit:** means using your intelligence to trick or out smart your opponent to win a point.

**Space:** is an open area on the court that is unoccupied by your opponent. This could be at the side, front or back of the court.

**Accuracy:** is the ability to control where we hit the ball on our opponents side of the court.



### Sport Specific Vocabulary

**Forehand:** A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the ball.

**Backhand:** A backhand is a shot in which you hit the ball with your arm across your body and the back of your hand facing the ball.

**Volley:** Is a shot hit by a player before the ball bounces on their own side of the court.

This shot is usually applied when a player is close to the net.

**Serve:** Is the method of starting a game of tennis. A pupil serves from the baseline and the ball must be hit diagonally into the opponent's service box.





# Physical Education

## Tennis Year 6

### Unit Purpose

Pupils will learn to consistently apply effective shot techniques, applying **decision making** as to which shot to make and where to aim in order to score a point. Pupils will **create, apply** and **evaluate tactics** in singles and doubles games.

### Inspire Me

**Billie Jean King** is an American former World Number 1 tennis player and advocate for gender equality. In 1973 King won the 'Battle of the Sexes' tennis match against Bobby Riggs.



### Key Success Criteria

- P** Pupils will apply a refined understanding of playing forehand, backhand, serves and volleys into space in order to win points.
- C** Pupils will demonstrate resourcefulness and problem solving skills by creating a range of tactics, applying these to their games.
- S** Pupils will collaborate effectively with their partner, communicating and supporting each other.
- W** Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.

### “ Vocabulary for Learning

**Tactics:** Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.

**Space:** is an open area on the court that is unoccupied by your opponent. This could be at the side, front or back of the court.

**Outwit:** means using your intelligence to trick or out smart your opponent to win a point.



### Sport Specific Vocabulary

**Forehand:** A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the ball.

**Backhand:** A backhand is a shot in which you hit the ball with your arm across your body and the back of your hand facing the ball.

**Volley:** Is a shot hit by a player before the ball bounces on their own side of the court. This shot is usually applied when a player is close to the net.

**Doubles:** is a match played by four players, two on either side of the court.

**Serve:** Is the method of starting a game of tennis. A pupil serves from the baseline and the ball must be hit diagonally into the opponent's service box.

