



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 consist 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.





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.

