

P.E.

Year 3 – Tennis



About this Unit

Tennis is a net and wall game. It is played over a net with a racket and ball and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.

Knowledge & Skills

Knowledge:

To know the rules of the game and begin to apply them.

To point the racket face where you want the ball to go and turn your body to help you to hit accurately.

To move to the middle of the court to cover the most space.

Skills:

I can use basic racket skills.

I can return a ball to a partner.

I can provide feedback using key words.

Golden Threads

Motor competence – Manipulate objects

- Catch
- Throw
- Forehand
- Backhand
- Rallying

Healthy participation

How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength

Rules, strategies and & tactics

Win a point if:

Opponent hits the ball in the net.

Opponent hits the ball out of the court area

Opponent misses the ball or it bounces twice

Attacking: Look at where your opponent is and try to place the ball away from them

Defending: Move quickly to a ready position in the centre of the space. Cover the space between you when playing with someone else.

<p>YEAR 3 I can use basic racket skills.</p> <p>I can return a ball to a partner.</p> <p>I can provide feedback using key words.</p>	<p>YEAR 4 I can use a range of basic racket skills.</p> <p>I can return to the ready position to defend my own court.</p> <p>I can sometimes play a continuous game.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p>	<p>YEAR 5 I am developing a wider range of skills and I am beginning to use these under some pressure.</p> <p>I understand there are different skills for different situations and I am beginning to apply this.</p> <p>I understand the need for tactics and can identify when to use them in different situations.</p> <p>I can use feedback provided to improve my work.</p>	<p>YEAR 6 I can use a wider range of skills with increasing control under pressure.</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p> <p>I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve.</p>
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Key vocabulary

Backhand: Played on the non-dominant side of the body

Face: The strings of the racket

Forehand: Played on the dominant side of the body

Rally: When a point is played back and forth

Return: Hitting the ball back

Track: To move your body to get in line with a ball that is coming towards you