

P.E.

Year 5 – 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 use a volley if you are close to the net, otherwise use a groundstroke.

To use an underarm serve to start a game or rally. Use the rules for serving when playing against an opponent.

To choose the right shot will help to keep the rally going.

Skills:

I can use a wider range of skills with some pressure.

I can use different skills for different situations.

I can serve accurately.

Golden Threads

Motor competence – Manipulate objects

- Forehand groundstroke
- Backhand groundstroke
- Rallying
- Underarm serve
- Forehand volley
- Backhand volley

Healthy participation

How will this unit help your body?

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

Rules, strategies and & tactics

Serving rules:

Ball must bounce over the net and before the service line. if playing on a court with line markings, the ball must also travel diagonally on court into the opposite service box.

If the ball bounces out or does not go over the net, you have a second serve.

If the ball hits the net and bounces in, it is called a 'let' and they have their first serve again.

If a pupil fails to hit their serve 'in' after second serve, the point is awarded to their opponent.

In a game, you serve for one whole game then switch.

Tactics are important because they help you to outwit an opponent. You might use different tactics depending on who you are playing against or the situation

YEAR 3

I can use basic racket skills.

I can return a ball to a partner.

I can provide feedback using key words.

YEAR 4

I can use a range of basic racket skills.

I can return to the ready position to defend my own court.

I can sometimes play a continuous game.

I can provide feedback using key terminology and understand what I need to do to improve.

YEAR 5

I am developing a wider range of skills and I am beginning to use these under some pressure.

I understand there are different skills for different situations and I am beginning to apply this.

I understand the need for tactics and can identify when to use them in different situations.

I can use feedback provided to improve my work.

YEAR 6

I can use a wider range of skills with increasing control under pressure.

I can select the appropriate action for the situation and make this decision quickly.

I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.

I recognise my own and others strengths and areas for development and can suggest ways to improve.

Key vocabulary

Adjust: move feet to get in a better position

Groundstroke: Allow the ball to bounce once

Pressure: To add challenge

Serve: Used to start a game

Tactic: A plan that helps you to attack or defend

Volley: To play the ball before it bounces